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Crimes worsen during summer holidays

Political party CDS-PP has urged members of parliament to cut their holidays short in order to hold a crisis meeting to discuss imminent action in combating the recent wave of violent crime. (See Page 3)

Fire figures falling

Over the past decade forest fire figures have continuously dropped, this year reaching a landmark 50 per cent below the average for the last ten years. (See Page 5)

Summer roads safer but beaches claimed more lives

Whilst the GNR traffic police have announced that this year there were less road-related accidents and deaths, the Navy has confirmed that more people died on Portugal's beaches this year than in 2007. (See Page 6)

Beaches closed following Lagoon overspill

Regional Algarve Maritime Authorities closed off the Salgados, Eastern Galé and Praia Grande beaches, between the districts of Silves and Albufeira, following an overspill of stagnant water from the Praia dos Salgados Lagoon. (See Page 14)

Seven day weather outlook

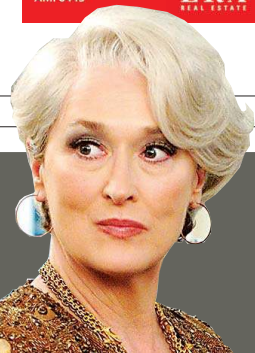
Lisbon: Next week looks set to bring cooler temperatures, cloudy days and rainy nights, with highest temperatures in the mid-20's. **Faro:** Temperatures in the Algarve will be slightly cooler than in Lisbon, with rain predicated for the mid-week. **Oporto:** Thermometers will be dropping to their low 20's with cloudy days and, as of Tuesday night, mostly rain for the rest of the week.

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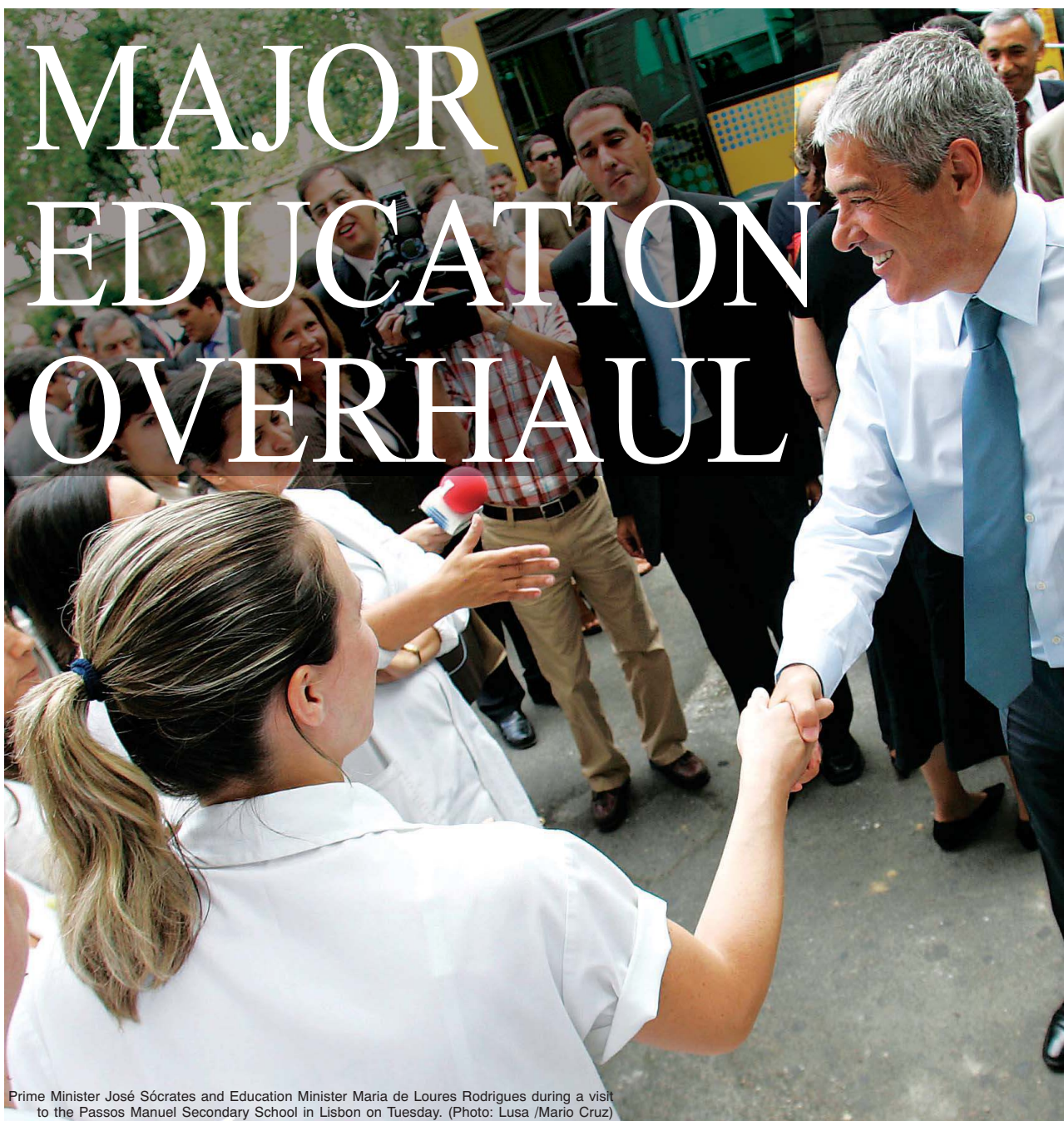
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Government launches the first phase of a multi-million euro upgrading campaign

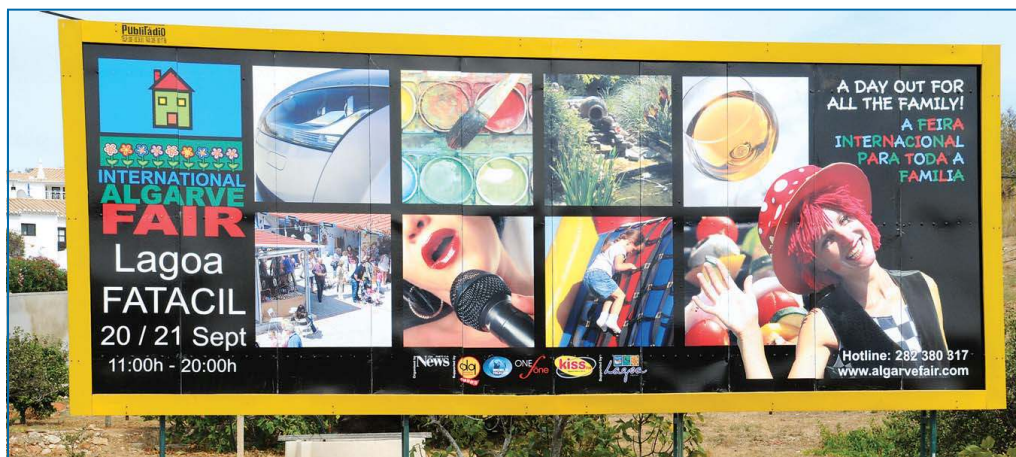


Prime Minister José Sócrates and Education Minister Maria de Lourdes Rodrigues during a visit to the Passos Manuel Secondary School in Lisbon on Tuesday. (Photo: Lusa /Mario Cruz)

In a significant effort to boost and upgrade the country's educational system, the Government has this week launched the first phase of an eight-year, multi-million euro project from which hundreds of schools are to benefit and includes half a million laptops and €73 million in social support, as well as initiating unprecedented measures regarding the transferring of educational responsibilities centrally from the Ministry of Education to regional and local councils.

Education, see p. 2

The countdown continues for the International Algarve Fair



A hoarding for the International Algarve Fair which has recently been erected in Albufeira. (Photo: The Portugal News)

Education, from p.1.

Earlier this week, as Prime Minister José Sócrates visited three of the 26 schools that are to be renovated during this first phase, Minister for Education Maria de Lurdes Rodrigues held a meeting with representatives of various municipal councils to initiate procedures for transferring the responsibilities concerning secondary schools from the Government to local authorities.

It is a process that has been in the pipeline for three years, with talks until now being held between State Secretary Valter Lemos and representatives of ANMP, the National Association for Municipalities. Minister Rodrigues' recent direct involvement is seen as proof of the Government's will to move this de-

centralization of power forward. Despite being legislated and ready to introduce this coming school year, the change will only be taken on board by councils who demonstrate their interest, through individual contracts signed between the Ministry of Education and the Municipality in question.

But it is a matter that has raised concern as ANMP representatives worry over the future financing of the country's municipalities that will 'inherit' some 36,000 employees and hundreds of schools, and has therefore stressed the need for the Government to legally ensure fundamental guarantees, particularly concerning the management of financial handouts after 2009.

Local municipal councils are already responsible for the maintenance of primary and pre-school equipment, and should they take on secondary schools

they will also be responsible for directly intervening in integral areas such as school transport and school meals.

It has been argued that whilst this would bring councils closer to their communities, on the other hand, concerns have been raised that it could stimulate competitiveness between local authorities that do not all work with the same commitment or competence, or at the same pace.

Former Education Minister and current President of the National Education Committee (CNE) Júlio Pedroso said that guaranteeing quality in education should be "an every day demand", one that central Government "must continue to enforce".

He considered "it would be negative if fears at that level should get in the way of a necessary re-shake, as it would bring the councils closer to their communities".

"It must be done carefully though to make sure we do not take steps backwards", he concluded.

As thousands of Portugal's pupils prepare to return to school next week, Prime Minister José Sócrates this week toured three of the 26 schools that are currently undergoing renovation work as part of €940 million modernisation project that is hoped to be complete by 2015.

This first phase of the project represents a €209 million injection into 26 schools around the country. In total, 330 schools are to be upgraded during this project, over the next eight years.

During his tour, Prime Minister Sócrates assured journalists that education is the Government's utmost "priority", which this year has given €73 million in social support for schooling to 771,000 students, three times more than in previous years and 400,000 of whom will have access to free school meals and school books.

More placements on professional courses were made available for the upcoming school year, and 400 million is to be invested in a 'Technological Plan', part of which will see 500,000 laptop computers being delivered to schools around the country between September 10th and September 15th.

Other changes to the 2008/2009 system, and as part of the multi-million upgrading, will include an electronic school card, to

control student's punctuality and presence as well as functioning as a 'porta-moedas' (debit card) to be used in the school's café or paper shop, to teach children how to handle money.

An estimated 800,000 children will have this card during this upcoming year.

During the project, the Government further aims to install ten security cameras per school, have every school connected to high-speed, broad-band Internet, achieve an average of one computer per five pupils, install video projectors in every classroom, as well as an 'interactive board' per every three classrooms.

Meanwhile the Minister for Education has played down criticism from teacher's unions who have slated the Government for not placing an estimated 40,000 teachers.

"Selection processes are part of life. At the beginning of each year the Government places teachers only to cover residual needs, like substituting those who have retired or are absent for whatever reason", she explained.

Minister José Sócrates on the other hand, took a harsher tone by saying "The time in which things were made easy is over. I'm sure they would really like it if the state hired them even if it did not need them. If they wish to take up that line of dispute then so be it, but to us it makes no sense at all".

It is believed that this upcoming school year will be teacher's biggest test to date as they too will be evaluated by examinations for their teaching skills and abilities in 2009.

These examinations drove around 100,000 teachers to protest en-masse on March 8th 2007, the so-called 'March of Indignation', where they demanded the Minister's dismissal and the suspension of that model of evaluation.

FENPROF – the National Federation for Teachers – has vowed it will once again not hesitate to take such measures should the Government refuse to change a number of "negative aspects" it has installed in the system, namely school management and alteration of professional statuses.

The federation has pledged to use the upcoming elections to "ensure better conditions and regain some rights of which we were stripped".



With just two weeks to go the International Algarve Fair, organised by **The Portugal News**, is going to be even bigger and better, with a wide variety of stands and new features as well as continuous entertainment and diverse ethnic restaurants. Over the years, the International Algarve Fair has been gaining a reputation across the region and has now become the most popular fair directed towards the expatriate community in the Algarve, increasingly attracting more crowds who stay for many hours enjoying the carnival atmosphere. Demonstrating its growing popularity is the fact that stand holders are now coming, not just from Portugal, but from Spain, Gibraltar and Northern Europe to present their products and services.

Speaking for **The Portugal News**, publisher Paul Luckman said "we started this Fair some years ago as there was a real need for a family orientated event that represented a really great day out for all the family, whatever their ages. Fairs like ours are a superb way to find all the products and services that are available to the expatriate in Portugal these days, but we believe the event needs to be fun as well as commercial, which is why we focus so much on entertainment, fun for children and restaurants".

The FATACIL showground is an ideal location, allowing thousands of visitors to move around the wide avenues without ever being crowded or uncomfortable. If there is a summer shower (and it does happen even in the Algarve) much of the Fair is now under cover. Live music will create a pleasing ambient and the entertainment areas will keep the kids occupied all day long. This year's new entertainment games are the Air bungee and the Gladiator game, as well as Circo Pequeno's entourage of entertainers. With eleven restaurants,

all reasonably priced and offering all types of food from traditional Portuguese through to Italian, English and even Indian, nobody will go hungry!

A new event, the 'Human Table Football', will be great fun as teams of five will strap each other up and compete for the special trophy. Plus, the winners can claim themselves as 'The Algarve Human Table Football Champions'! If you would like to play, create a team for your company or club contact Tommy Broad on 96 841 09 14. As it is being held for charity, each team is asked to make a donation to the Lagoa Bombeiros.

This year is the biggest publicity campaign ever for the International Algarve Fair, with five metre hoardings from Lagos to Tavira, inclusion in newspapers, radio, and the mobile publicity truck spreading the word. Anybody wishing to exhibit should contact the Exhibition Hotline (282 380 317) immediately as just a few spaces remain at the Fair where your company's name and product/service will be guaranteed maximum exposure.

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Maddie apartment up for sale



Apartment 5A of the Ocean Club Resort in Praia da Luz, from where toddler Madeleine McCann went missing in May last year is on sale for approximately €200,000, sold through a local estate agent and not the Mark Warner Group who have managed it for the past few years.

In the name of Ruth Margaret McCann (no relation), resident in the UK, the two-bedroom apartment's price has not, according to experts, lost or gained value due to the high-profile drama that surrounded it over the past 12 months.

With the case now shelved, the apartment is being sold.

Local real estate agents Houses & Casas, who profile themselves as a "young, modern and dynamic agency", are marketing the property, though no exterior 'For Sale' signs have yet been placed on the apartment itself.

They describe the apartment

as a "good property, excellently located and rentable".

Reports suggest all ties between the apartment's owner and The Ocean Club have been dissolved.

In related news, a Spanish lawyer named Maysonave Jimenez has requested the case be re-opened, guaranteeing he saw Madeleine in the company of a British couple in Santander, Spain, on January 18th this year.

Court sources have confirmed that so far no official request suggesting such action has been submitted to the Portimão courts.



The apartment where the McCann family were staying when little Madeleine went missing last May. (Photo: The Portugal News)

Coimbra hospital employees admitted following tuberculosis scare

Six nurses from Covões Hospital, in Coimbra, are undergoing preventative treatment for tuberculosis after several tests they underwent came back with positive results.

Deolinda Portelinha, Director of Coimbra Hospital Centre, said "It is true there are workers receiving TB treatment because they had positive tuberculosis results" and added "It does not mean that the people are sick. We don't have any employees with active tuberculosis."

The six nurses are being treated with short term medications, to be taken for a two to three-month period.

Sources at the hospital told

news agency *Lusa* that isolation rooms are needed for the hospital, which would avoid future contamination. The Director explained that a future building, which will begin construction in 2009, will have isolation rooms built on every floor.

The Hospital Director spoke of a case last year when an Emergency Unit nurse contracted active tuberculosis, considered a 'hazard of the profession', but has since recovered.

ATM crash causes national panic

On Monday a technical problem within the ATM 'Multibanco' network caused the nation several hours of chaos as no payments could be made using any type of bank card.

The problem was identified and addressed by SIBS, Portugal's ATM regulating authority, the same day, and resolved later that afternoon.

A spokesperson said "SIBS identified the problem and activated teams and all necessary mechanisms to stabilise the system within as little time as possible".

According to SIBS, the problem was caused by an application defect during an updating operation which is performed on a weekly basis, normally in the early hours of Monday morning.

In related news a former SIBS employee, who was found to be responsible for a similar system crash in October last year and who was subsequently fired, committed suicide on the same day as this latest incident.

The 50-year-old had been a SIBS employee for over 20 years and was 'dismissed with just cause' after an investigation into the incident, for which he took full responsibility.

SIBS representatives refuted any connection between his dismissal and suicide.

Crisis meeting called to curb violent crime



Political party CDS-PP has urged members of parliament to cut their holidays short in order to hold a crisis meeting to discuss imminent action in combating the recent wave of violent crime that is causing concern throughout the country, leaving the nation in a state of fear.

This past month has seen a string of crimes, including murders, shootings, hold-ups and violent robberies carried out on an almost daily basis.

CDS-PP has therefore appealed to Parliament to interrupt its yearly period of rest to hold an "extraordinary meeting", and urged other party members to participate in it to discuss emergency measures.

"For the people this is not a normal thing we are seeing, this wave of robberies and rise in violent crime, and the authorities have done nothing", said Diogo Feyo of CDS-PP.

Parliament's next meeting is scheduled for September 9th, though Diogo Feyo stressed "CDS-PP believe we cannot sit back, fold our arms and watch as crime rises day-by-day".

It also emerged this week that a further 1,000 petrol stations are to adhere to the Government's 'Safe Refueling' programme, where, through protocols signed just this month, additional security and surveillance is provided to those stations. Devised by the Ministry of Internal Affairs, the programme entails joint cooperation on behalf of the police force and private security entities.

Meanwhile, another robbery was carried out on Wednesday when two hooded assailants held employees of the Monte Belo post office, Setúbal, at gun point.

Neither the employees nor the clients were injured in the incident, and no material damage was caused.

It was confirmed that the assailants made off with some money, though according to an inside source, it would not have been a great amount as "Post Offices never hold much in cash".



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President Cavaco Silva in Poland, Slovakia on 5-day visit



President Aníbal Cavaco Silva, leading a delegation of more than 50 Portuguese business leaders, departed Monday on a five-day official visit to Poland and Slovakia, a tour focused on boosting economic and cultural ties.



President Cavaco Silva with his wife Maria Cavaco Silva on Tuesday during a walk through the old city of Warsaw during a five day visit to Poland and Slovakia. (Photo: Lusa / Paulo Novais)

Beyond meetings with Polish and Slovak leaders, Cavaco Silva, an economist, was scheduled to address bilateral business seminars in Warsaw and in Bratislava.

More than 60 Portuguese companies already operate in Poland, while Portugal's investment and business ties to Slovakia, where Cavaco Silva headed Thursday, have only recently begun.

The cultural side of the visit,

the President's first to eastern Europe as head of state, will be highlighted by concerts in Warsaw and Bratislava by 'Fado' singer Mariza.

Cavaco Silva was also scheduled to attend the inauguration of an exhibition of contemporary Portuguese art and the launching of the first Portuguese-Slovak dictionary in the capital of Slovakia.

TPN/Lusa

Weapons law changed

As of this month, all individuals found to be in possession of illegal weapons will be imprisoned, the Security Coordinator's Office confirmed last week.

This is one of many steps being taken by the government to fight the rise in violent crime in Portugal, which according to official statistics has risen by 15 per cent in the first six months of 2008, in comparison to the first semester of 2007.

Anyone in possession of an illegal weapon and involved in a crime will be punished with imprisonment, this decision being the outcome of a meeting held between the heads of the various Portuguese security forces, and confirmed one day after Internal Affairs' Minister Rui Pereira announced the law change during a live TV interview.

Last week General-Lieutenant Leonel Carvalho revealed that violent crime rose in Portugal to "just above 10 per cent", in the first six months of

this year, though his office a few days later estimated it to be in the region of 15 per cent.

Even so officials stress that that figure is still lower than those for 2006 and 2007.

Reported crime also rose by seven per cent, the national total of reports being identical to the number of crimes denounced in 2003 and 2004.

However, the Security Coordinator's Office considers that "reinforcing the number and availability of officers and equipment, improving weapons training, reinforcing policing in risk areas, intensifying preventative action in detaining and apprehending illegal weapons and tightening relations in criminal investigations", are "adequate responses to guarantee the security and safety of citizens".

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Condoleezza in Lisbon for talks before North African trip

US Secretary of State Condoleezza Rice is expected in the Portuguese capital for talks with Prime Minister José Sócrates late this week on her way to visit three North African countries.

An aide to the Prime Minister told the Lusa News Agency that details of the brief visit would only be confirmed shortly before the trip, but that Rice would likely arrive in Lisbon Thursday or Friday for a meeting with Sócrates and possibly with Foreign Minister Luís Amado.

Besides bilateral relations, analysts said the discussions would probably centre on the neighbouring North African region of Maghreb with which Lisbon maintains close diplomatic and business ties.

From Lisbon, Rice is due to travel to Algeria, Tunisia and Libya.

Her visit to Libya attracts special interest as it will be the first to formerly hostile Tripoli by a senior US official in more than 50 years and comes at a time of opening up to the West by the oil and natural gas powerhouse.

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Highest-risk year for summer fires though figures are still falling



Over the past decade forest fire figures have continuously dropped, this year reaching a landmark 50 per cent below the average for the last ten years. Despite being one of the highest-risk years to date, and even though there were more fires registered than last year, the extent of scorched land is at an all-time low.

Figures released by the National Civilian Protection Authority showed that even though during the first six-and-a-half months of this year the amount of land burnt was more than double that of the same period last year, since then there has been significant slowing of fires-spreading, and as a consequence, the amount of land in Portugal ravaged by fire is the lowest it has been for the past decade.

Between January 1st and July 15th this year, 4,685 hectares of land were burnt by blazes.

Since July 15th and up to last Sunday, August 31st, a further 3,891 hectares were incinerated, totalling 8,576 hectares all told but still far inferior to the 12,345 hectares that were destroyed during the same period last year.

Even so, the authorities registered more incidents than last year. This year, by August 31st, fire-fighters from all over the country had extinguished 8,776 forest fires, significantly more than the 7,553 registered during the same period for 2007.

However, both the number of fires and the quantity of burnt land is this year more than 50 per cent below the average for the past ten years.

Taking into account the 1998 – 2007 average, there has been a decrease of 56.1 per cent in relation to the total number of incidents registered, and a reduction of 93.7 per cent in relation to the total area burnt.

According to Commandant Gil Martins, "This year is more severe than last year (which was con-

sidered the least severe of the past 11 years) in terms of risk, despite being considered a 'normal year'.

He explained that whilst weather was a main player in the element of risk, other contributing factors like the dryness of crops and flora heightened the likelihood of fire-spreading faster.

State Secretary for Civil Protection also stressed the need to "demystify the idea good performance results are based on the luck of the weather", underlining the value of "strategic and tactical planning".

Minister José Miguel Medeiros said, "We have groups of people and equipment who are organised by their commands to know exactly who must do what, where and when".

He expressed his opinion that the fire-brigade had "greatly improved in relation to what we could have predicted", highlighting the fact that in every district of the country each station was able to respond to and reach fires in less than 10 minutes, instead of the pre-defined 20 minutes as stipulated by the Government.

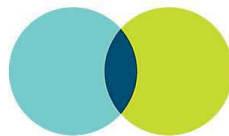
There is still one month left until the end of the so-called 'Fire season', which officially ends on September 30th.

Until then, 9,803 men, 2,360 vehicles, 59 aircraft, 35 boats and 240 vigilance points are on standby to combat outbreaks all over Portugal.

This year 'Delta Phase' has been created which prolongs the standby until October 15th and entails 75 per cent of the aforementioned resources.



A fireman fights a blaze in Sintra in July. (Photo: Lusa / Manuel de Almeida)



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Summer roads safer but beaches claimed more lives



The beach at Figueira da Foz crowded with locals on 31st August. (Photo: Lusa / Paulo Novais)

Whilst the GNR traffic police have announced that, in comparison to last year, this year there were less road-related accidents and deaths, the Navy has confirmed that more people died on Portugal's beaches this year than in 2007.

Up until now the GNR's seasonal road awareness campaign and intervention operation 'Safe Road', which started on July 15th and is to continue until September 15th, has had positive results all round; fewer deaths, less serious injuries, and less injuries altogether.

Despite the intense traffic seen on all of Portugal's roads at this time of year, largely due to the mass influx of tourists and mainly on North - South stretches, as many Portuguese head to the Algarve for their holidays, the numbers of deaths and injuries have, so far, fallen. However, regardless of a reduction in the number of accidents registered on the country's roads, the figures are still something that continue to concern authorities.

On Monday, the BT traffic brigade (which is part of the GNR road police), revealed that so far this summer 11,400 accidents have happened on Portugal's roads, in comparison to 14,376 this time last year.

Regarding fatalities, 105 people have been killed since July

15th, four less than in 2007.

There have been 282 serious injuries registered, in comparison to last year's 395, and 3,670 minor injuries, in comparison to 4,502, in 2007.

Meanwhile the Navy has revealed that 16 people have lost their lives on Portugal's beaches, between June 1st and September 1st, six more than during that same period twelve months ago.

Of those 16 deaths, six took place on supervised beaches, seven on un-monitored beaches, and the remaining three on unsupervised fluvial 'beaches' (inland bodies of water with banks).

This year, most of those who died were male; just one female death was registered, a woman who drowned on a non-supervised beach in Cascais, in June. All three individuals who drowned on fluvial beaches were aged between 15 and 18.

Most of the deaths were cases of drowning, three of which were caused by sudden health incidents.

Between June 1st and August 31st this year 523 rescue operations and 1,007 first aid interventions were carried out on Portugal's beaches.

Last year, according to official figures, 13 people died in beach-related incidents during the whole of the 'beach season', which ends on September 30th.

Tua train track closed



Following last week's Tua train tragedy in northern Portugal, in which 44 people were injured and one woman was killed after a locomotive derailed, officials have decided to close that particular stretch of track until further notice.

The decision was made by the Institute of Mobility and Land Transport (IMTT), which is the only organism with the authority to re-open the line, regardless of the conclusions drawn from the investigation into last week's accident.

Both passenger and mainte-

nance trains are affected by the ban, which was applied to the line between Tua and Cachão stations.

From Cachão station, subway trains will be allowed to function as normal under *Metros de Mirandela* concessionaires via the 15 kilometre stretch between Cachão and Mirandela.

Following the Tua incident, which was the fourth serious incident to take place on that part of the line in less than a year and a half, Public Works and Transport Minister Mário Lino vowed that if safety could not be assured, "the line would be closed indefinitely".

Tagus ferries strike for pay rises

At 05h00 Monday morning on the first day of September, Soflusa, who carry out Tagus river crossings between Barreiro and Lisbon, implemented a two-hour strike that in fact lasted five hours, the first crossing of the day eventually taking place at 10h00.

A second strike was carried out later that day, at 17h00, one of the busiest times.

This action was reportedly taken due to lack of salary revisions. More strikes were carried out on Tuesday and Wednesday, with Soflusa administrative employees also threatening a 24-hour action.

Land and boat workers carried out their protests at different times, therefore causing further delays. On Wednesday the strike was of total adherence, resulting in a 100 per cent standstill.

Alternative bus and train connections were organized for the affected passengers.

Man rescued from thirty-metre fall in Madeira

Madeira's Voluntary Firemen rescued a 46-year-old man after he fell 30 metres down a 150-metre roadside ravine.

They pulled the man to safety after he fell from a scenic viewing point on Pináculo. He was rescued conscious with just a few minor injuries to his face.

He was immediately taken to Funchal's Central Hospital.

After being alerted by the PSP police, the fire brigade rushed to the scene to carry out the rescue which involved ten men, one ambulance, an EMIR Medical Emergency and Rapid Response team, and a mountain rescue vehicle.

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Help for school kids to fight the flab



School children between the ages of 10 and 16 learning how to live healthily and fight obesity at a summer camp in Alfeizerão, Alcobaca. (Photo: Lusa / Paulo Cunha)



An estimated 22 million children in the EU are overweight. More than 5 million are obese – and it gets worse: the figure is expected to rise by around 400,000 every year.

Eating habits formed in childhood are usually carried over into adulthood and then passed on to the next generation. Most Europeans already eat too little fruit and veg – less than the 400g a day recommended by the World Health Organisation – and consumption is declining among younger generations.

With this in mind, the commission has a new plan to encourage healthy eating among children.

Starting in 2009 the commission wants to use EU money to distribute free fruit and vegetables to schools.

Studies suggest that poorer families are least likely to eat the recommended five portions of fresh fruit or veg a day. Providing healthy snacks free of charge could make a real difference to needy youngsters' diets.

The costs will be shared 50-50 between the EU budget and national governments (75-25 for less affluent countries). The EU contribution will total around €90m a year. Similar schemes for milk have been operating for over 30 years now. In the 2006-07 school year, 305,000 tonnes of milk was distributed to schools in 22 EU countries.

The commission would now like to extend the scheme to include other dairy products, including cheeses, yoghurt and buttermilk. Secondary schools would also be eligible for participation under the new plan. As the number of schools covered goes up, more and more children will be encouraged to opt for healthy, high-quality dairy products instead of low-quality convenience food and drinks.

Thousands of children left out of education system

Thousands of Portugal's children of pre-school age are being left out of the first stages of education as there are not enough free places in public kindergartens to accommodate the demand. Therefore, parents are left with the choice of paying for private care or resorting to leaving their children with relatives.

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Last year more than one in every ten children (11.8 per cent) eligible to be enrolled for a place in a public kindergarten were left unallocated, according to the General Board for Education.

And almost half of the 263,887 children that did go to school during the 2006/7 school year were in private institutions, privately paid for, or institutions funded by social security.

There are currently 336,000 children aged between three and five in Portugal, though in 2006 almost 72,000 were not enrolled in any form of kindergarten, private or state-funded. The government has recently said one of its goals is for every child to be able to attend kindergarten.

Portugal's Tourism Board nominated for World Travel Awards 2008



The World Travel Awards 2008, also known as the 'Oscars of Tourism', have included Turismo de Portugal, or Portugal's Tourism Board, as one of the eight nominees for Europe's Leading Tourist Board prize.

France (French Tourist Board), Germany (German National Tourist Office), Greece (Greek National Tourism Organisation), Spain (Instituto de Turismo de España), Italy (Italian State Tourism Board), Turkey (Turkish Tourist Office) and the United Kingdom (VisitBritain) are the other candidates for the 15th World Travel Awards 2008, which will be held on December 5th in the Caribbean.

Portugal is also competing in five other categories: Portugal's Leading Boutique, Portugal's Leading Golf Resort, Portugal's Leading Hotel and Portugal's Leading Spa Resort.

The World Travel Awards started in 1993 in recognition of the work carried out by the tourist industry worldwide. The selection of nominees is made by thousands of professionals working in tourism who choose their favourite destinations each year.

All complaints of discrimination against the disabled filed in 2007 shelved

According to the Portuguese Association for the Handicapped (APD), all complaints logged against life insurance companies in 2007, mainly for 'discrimination against the disabled', were filed and shelved, something the Association considers "strange".

According to the 2007 National Report for Rehabilitation, 119 complaints were made against life insurance companies, claiming 'discrimination' after being denied insurance or penalised for being handicapped.

Life-insurance is compulsory in Portugal for anyone wanting a house mortgage.

The APD considers the

number of complainants "considerably low, especially taking into account the extent and diversity of discrimination the handicapped are subject to", as well as describing the situation as "strange", when trying to explain how "all the complaints have been shelved".

Thirty eight per cent of all complaints relate to being denied cov-

erage or penalised in life-insurance policies for being handicapped.

According to the APD, those suffering such incapacities are discriminated against on a daily basis by insurance companies, who often refuse to cover such individuals or charge them unrealistic fees, thereby making it impossible for the handicapped to buy their own home.

Dangerous dogs law to change, owners to be held responsible



After various savage attacks that have taken place over recent times, the Government has approved a law change in which owners will be held responsible for their dogs' actions and criminally punished.

The aim is to regulate, in an "efficient and effective manner the keeping of dangerous and potentially dangerous animals", particularly focusing on dogs, to "stop the exponential rise in attacks on people".

It will allow to "criminally

classify any behaviour that corresponds to the participation or promoting of animal fights, as well as physical harm caused by a dangerous or potentially dangerous animal, through negligence of its owner".

In serious cases, a "harsher

sentence" will be attributed to the owner.

Attempted aggression will also be punishable.

New laws to control breeding and the entry of such classified animals on national soil have also been created.

Police remove Pitbulls from Lisbon neighbourhood



Eleven Pitbulls, one adult animal and ten puppies, were taken by police from Lisbon's Serafina neighbourhood as their owner did not have the necessary paperwork to keep the dogs, which are considered a 'dangerous' breed.

They were confiscated by officers of the police's Special Animal Fiscal Brigade, which was created in January this year and whose members are specifically trained in animal handling and laws.

The owner was charged with three offences due to his lack of official authorisation to keep 'dangerous dogs', the animals were all handed over to the Lisbon Municipal Kennels.

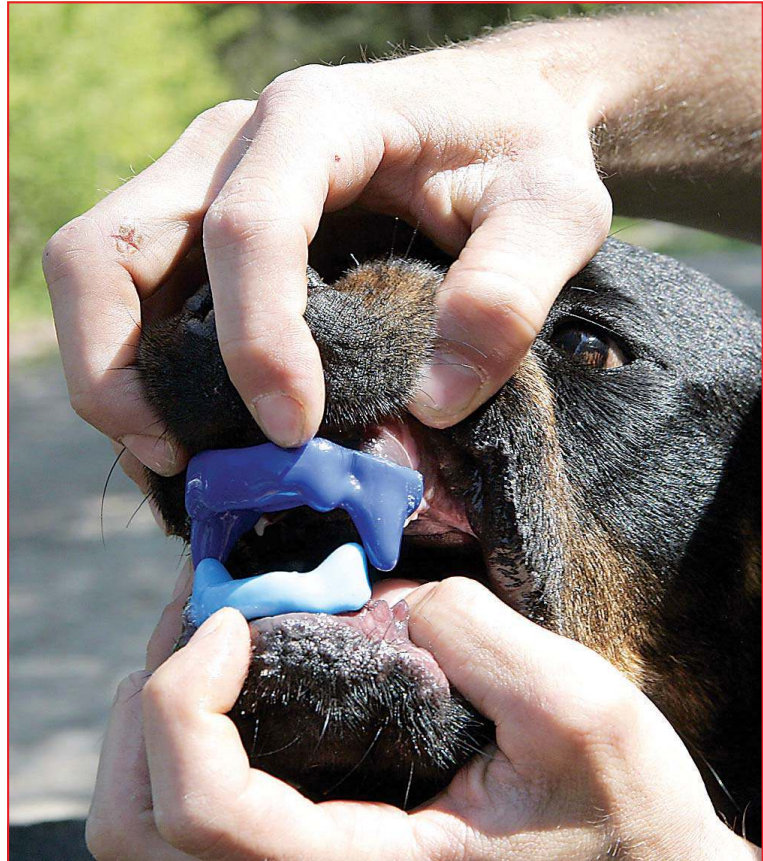
On Thursday a new law proposal was approved in parliament, implementing changes to the juridical regime that regulates dangerous and potentially dangerous animals as pets.

The change means that owners are now held legally responsible for their dogs' actions and can be criminally punished.

In reaction to this law change, Portugal's Rottweiler Club – Rottweilers

also being considered 'dangerous' by the authorities – has voiced its indignation, saying it was disappointed by the Minister for Agriculture's "lack of respect and seriousness", concerning the issue.

Since its creation in January, Lisbon Municipal Police's Special Animal Fiscal Brigade has seized a number of illegally-kept Pitbulls, Rottweilers, and other 'dangerous' animals.



A Rottweiler, classified in Switzerland as a dangerous dog, wears a mouth guard, invented by Swiss Spetim Saciri to protect people from bites and to replace the muzzle which is mandatory for dangerous dogs in certain parts of the country. (Photo: EPA/Olivier Maire)



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More immigrant doctors in Portugal's pipeline



Around 150 immigrants who are qualified doctors in their homelands could be on the verge of joining Portugal's National Health Service following the Government's announcement last week that it has approved the financing of a new programme named 'Professional Integration for Immigrant Doctors'.



Russian doctor Sergey Borisushkin at the Tábua Health Centre where he has a family practice. (Photo: Lusa / Paulo Novais)

These immigrants will follow in the footsteps of Russian Sergey Borisushkin, who is currently completing his specialist training in general and family practice, in Tábua's Health Centre.

The program is being developed in collaboration with the Calouste Gulbenkian Foundation and the Jesuit Refuge Service, who pioneered a previous project of the same type and which enabled 106 immigrant doctors out of 120 candidates to practice medicine around the country.

Qualified in medicine since 1985, Sergey Borisushkin was a doctor in a Russian paediatric hospital, but the delay in paying salaries and consequential economic problems lead him to swap Orenburg, Russia, for Portugal.

He started out in this country seven years ago as a truck driver, before working as an alternative medicines technician.

After finding out about the Calouste Gulbenkian Foundation/ Jesuit Refuge Service through friends he gathered the necessary paperwork and was subsequently enrolled in Coimbra's University, where he is about to complete training in his specialty.

Since re-opening after the summer holidays, the Jesuit Service's Support for Qualification/ Equivalency department confirmed it has received lots of enquiries.

Head of the department Vera Marques said most enquiries were from Eastern European immigrants, followed by individuals from PALOP countries (African countries that have Portuguese as their official language).

Age-wise, the average age of those interested in the service is

40 years, and most of those who enquired have been resident in Portugal for some time.

Financial support offered through the project includes €800 for translation services and as a total is described by Vera Marques as "quite reasonable", covering a large part of the students' expenses, bureaucratic and embassy fees.

The programme lasts 21 months and aims to make it easier for medically qualified immigrants with which Portugal does not have an official qualification recognition agreement to integrate into the Portuguese system.

Applications can be made throughout the month of September, and are subject to evaluation by members of the association.

In July this year Health Minister Ana Jorge predicted a "critical period" within three or four years, due to a calculated shortage of doctors, mainly those specializing in family medicine, as well as four other types of specialties; paediatricians, obstetricians, urologists and anaesthetists.

This was verified not only by the number of vacant places on medical courses, but also by the number of foreign doctors being recruited, typically Uruguayan.

On the other hand, the number of Spanish doctors practicing in Portugal has consistently diminished.

Xóan Gómez, President of the Association of Spanish Health Professionals in Portugal confirmed that in 2003 - 2004 there were around 2,400 Spanish doctors and 1,500 nurses working in this country.

In 2007 there were 3,656 foreigners enrolled on the National Board of Doctors, out of a total of 38,399 professionals.

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Pharmacists to administer injections



As of October pharmacists all over the country will be able to give patients their injection in-situ, following a 20-hour training course starting in September, so that the start of this new service can coincide with the launch of the flu-jab campaign in October.

Every year thousands of people rush to pharmacies to buy their flu jabs before waiting - in many cases great lengths of time - at their local health centre so the product can be administered by a nurse or doctor.

This year, as of October, any injection purchased at a pharmacy can be given on the spot, as long as the pharmacist attended the up-coming course.

Despite being qualified to administer injections, the majority of pharmacists do not offer this facility. Therefore it is hoped the 'refresher' course will encourage pharmacists to apply their capabilities to the full.

Other areas the course will cover include first aid training, and resuscitation training, in case the patient should suffer an allergic reaction or anaphylactic shock after being given a jab.

Whilst the flu jab would probably be the most widely offered, it would also mean those buying preventative vaccinations for such as Hepatitis A or B, yellow

fever and cervical cancer, can have their drug injected straight after purchase.

However, the nation's nurses have protested that only they should be responsible for giving injections, and not the pharmacists.

The widening of pharmacists'

competencies was first announced in 2007 by ex-Health Minister Correia de Campos.

Following this first step in services offered at pharmacies, other services, such as cholesterol or pregnancy tests, could be introduced. Training will be given accordingly.

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Half-price transport passes for youths

Last week the Government approved the creation of a transport pass to reduced monthly fees for schoolchildren and students between the ages of four and 18, with which they will benefit from a 50 per cent discount.

The pass, named '4_18@escola.tp', aims to "further extend the state's support to families concerning their children's education", said Minister for Education Maria de Lurdes Rodrigues.

"Besides that, we want to stimulate the use of public trans-

port within the younger generation", she said.

"The 50 per cent discount will be applicable to all monthly travel passes, whether they are combined or for individual networks and transport".

Until this recent introduction the only school children to benefit from reduced-price travel passes were those attending secondary school and who lived more than four kilometres from their institutions.

"Now all children, even those who live on their schools' doorstep, will have a reduction", the

Minister stressed, considering the implementation a particular bonus for those living in the metropolises of Greater Lisbon and Greater Oporto.

The creation of 'social passes' was first announced by Prime Minister José Sócrates in July, during a debate entitled 'State of the Nation'.

It was officially implemented on Monday, September 1st.

To apply for this pass, which is valid for four years, students require proof of being enrolled in school and the name of the school in which they are enrolled.

Is Your Spending Power Keeping Pace?

by Bill Blevins, Financial Correspondent, Blevins Franks

With the current economic climate affecting currencies and inflation levels, many British retirees living in Portugal have around 19% less spending power than a year ago.

If they receive regular income from Sterling assets which is converted to Euros when the transfer is made, the divergence between the two currencies means that they are receiving 16% less Euros compared to the end of last August. You then need to factor in inflation, which was running at 3.1% in Portugal in July and 3.4% in June.

And we're not out of the woods yet, the possibility that both the exchange rate and inflation rate could get worse cannot be ruled out.

The Euro

There are various reasons for the weaker Pound and stronger Euro. One factor which affects a currency's strength is interest rates, with high rates making it more attractive for investors. The European Central Bank (ECB) has been prioritising fighting inflation over stimulating economic growth and in July became the first major central bank to raise rates. Even now, in spite of a weaker economic outlook, one ECB member said that that the Bank may consider another increase.

In the UK, the inflation increase from 3.8% in June to 4.4% in July had led to some expectations of a rate rise. However, since then poor economic data and gloomy comments from the Bank of England (BoE) have switched expectations to a rate cut. The market is pricing in the prospect that the BoE will be the only Central Bank to reduce its rates by the year end, which has hurt Sterling. Experts at Capital Economics believe the rate might even be cut to as low as 3.5%, a full 1.5% below its current rate, by the end of next year.

Depending on how long you intend living in Portugal, you need to convert some of your assets (savings, investments, pension funds) from Sterling into Euros in order to avoid this exchange rate risk in the future.

The price of oil

The global oil crisis pushed up prices across the board. At the start of 2007 oil cost \$60 per barrel. At the start of 2008 it was \$99 per barrel, hitting \$100 for the first time on 20th February. It

then climbed until \$147 on 11th July, double the price from a year previously and 444% higher than the same day in 2001.

Thankfully it has fallen back since then, around \$117 at the time of writing. However many analysts are concerned that it will rebound to a new high at some point in the not too distant future. While the high cost has now dampened demand, the long-term fundamentals for global energy remain strong and most analysts agree that the days of "cheap" oil are over.

Food prices

Food inflation, a key element of every household budget, is running at 5.9% in Portugal (13.7% in the UK).

Various factors have combined to bring about these higher prices, including the cost of oil (which is also used in fertiliser); increasing numbers of people in Asia adopting Western diets and using farmland for bio-fuel crops instead of traditional crops.

Your personal rate of inflation The official inflation rate is an average of a wide variety of goods and services, many of them items you buy less than once a year. The

Inflation:	4%	6%	8%
10 years	£66,483	£53,862	£43,439
20 years	£44,200	£29,011	£18,869
30 years	£29,386	£15,626	£8,197

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fact that some are falling in price helps to keep the official figure lower, but of course your monthly personal level of inflation depends on what you regularly spend your money on. The items getting cheaper are things like TVs, computers, furniture and cars, while items like food, gas, electricity and petrol are more expensive.

Even when inflation starts to fall, unless we see minus figures on the essential items it will only mean that prices have stabilised at their current inflated levels.

Portugal is faring better inflation wise than many other European countries. In the UK it hit 4.4% in July (and is expected to reach 5%). In Spain it is 5.3%. This should not make you complacent, however, since inflation levels here may rise again, especially if oil prices climb again, and in the long-term even seemingly benign levels will have an effect on your wealth and possibly your financial security in the later days of your retirement.

The table below shows the effect of high inflation over time on £100,000 if there is no capital growth.



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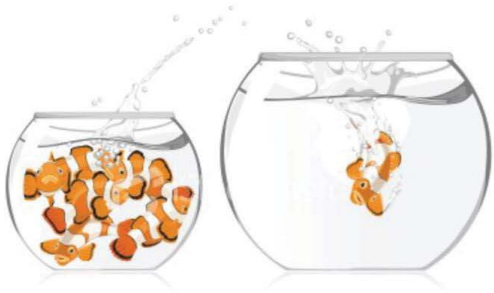
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Education Minister Maria de Lurdes Rodrigues making a speech at the inauguration of the Ministers of Education Gallery and the launch of the book entitled 'Four Decades of Education' in July. (Photo: Lusa / João Relva)



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TAP seeks São Tomé help to increase flights



Portuguese flag-carrier TAP has asked São Tomé and Príncipe's government to help it break down 'protectionist' measures by the islands' STP Airways in order to launch a planned second weekly flight between Lisbon and São Tomé.



TAP's representative in the archipelago, Natasha d'Alva, told journalists she had delivered a written request to Infrastructure and Public Works Minister Benjamin Vera Cruz, asking him to intercede with the civil aviation authorities and STP Airways on TAP's behalf.

D'Alva said the Portuguese airline had first contacted STP officials regarding plans to start a second weekly flight last May, but the initiative has since reached an

impasse because long-suffering STP Airways, on the verge of extinction, feared increased TAP competition would compromise its own plans to resume flights to Lisbon.

The islands' airline has announced it plans to re-launch scheduled flights to Lisbon next week using an aircraft owned by Portuguese airline EuroAtlantic, the majority shareholder in the company. STP Airways chairman Felisberto Neto told the Lusa

News Agency the weekly Lisbon-São Tomé flight will be operated using a Boeing 767.

EuroAtlantic will provide a smaller aircraft to operate STP Airways' routes to Gabon, Cameroon and Equatorial Guinea, he added. EuroAtlantic manages São Tomé's national airline and holds a 37 percent stake in the company, to the 35 percent held by the STP government and 17 percent stakes held apiece by Banco Equador and GLAS. *TPN/Lusa*

Lisbon hopes to liberalise air accords with Luanda, Maputo next year

Portugal will open negotiations to liberalise bilateral air traffic accords with Angola and Mozambique next year, after having successfully concluded similar agreements with three other Lusophone African countries, a civil aviation official said.

Helena Faleiro, of the National Civil Aviation Institute (INAC),

told the Lusa News Agency that Lisbon's commitment to liberalize existing air traffic accords in conformity with EU legislation depended equally on Luanda and Maputo.

The process "doesn't depend only on INAC, but on the other parties as well", Faleiro said.

Currently, regular air links be-

tween Portugal, Angola and Mozambique depend exclusively on the respective national flag-carriers, a situation Lisbon would like to see changed in line with EU legislation.

INAC has already concluded new air accords with Cape Verde, Guinea-Bissau, and São Tomé and Príncipe.

Venezuelan schools to get Portuguese 'classmate' PCs

Venezuela has decided to equip its schools with Portuguese-manufactured computers, Caracas' main daily Últimas Noticias reported this week, citing a senior official.

The newspaper said the agreement to purchase Portugal's Magalhães (Magellan) 'classmate computer' for use in elementary schools was reached during President Hugo Chavez's visit

to Lisbon last July.

A Portuguese delegation was expected in Caracas later this week to work out details of the deal, it reported, adding that the Venezuelan order would likely top 100,000 units and that the unspecified cost was wrapped up as part of recent bilateral oil accords.

Últimas Noticias cited the head of Venezuela's National Centre for Technological Innova-

tion (Cenit), Jorge Berrizbeitia, as confirming the deal.

He said Caracas had decided to look abroad in order to "reduce the timeframe" for implementation of the project after repeated delays in local development of a similar 'classmate' PC.

Portugal's recently unveiled Magalhães computer "meshes with our initiative", Berrizbeitia was quoted as saying. *TPN/Lusa*

Calling home becomes cheaper again—but not (yet) texting across borders

On 30 August, it became cheaper to make or receive calls while travelling in the EU. The price ceiling for roaming calls (the Eurotariff) introduced by the EU in 2007 fell from €0.49 to €0.46 per minute (excluding VAT) for making a call and from €0.24 to €0.22 per minute (excluding VAT) for receiving a call while in another EU country.

These price reductions are the result of the EU Roaming Regulation, proposed by the European Commission in 2006 to curb the excessive roaming charges consumers had to pay for roaming calls (on average €1.15 per minute at the time).

The EU Roaming Regulation which will expire in 2010, is currently under review.

Following the specific request of the European Parliament the Commission must propose by the end of 2008 whether to extend the Regulation in time and in scope. Figures published by national telecoms regulators this summer have shown that prices for roaming text messages and data services remain unjustifiably high.

"The EU Roaming Regulation was introduced so that Europeans could exercise freedom of speech with their mobile phones without fear of excessive bills when travelling in the Single Market. As a result over 400 mil-

lion consumers across Europe have benefited from significant savings of around 60% when making and receiving calls during travel, holiday or business," said Viviane Reding, EU Telecoms Commissioner.

"A further reduction of the Eurotariff on 30 August will re-

affirm the trend for lower roaming prices. The next challenge is to bring about a Single Market for roaming text messages and data services. I count on the French Presidency and on the European Parliament to help the Commission solve this problem very soon."

Portuguese prefer Brazil

Tourism and real estate markets are the areas where most Portuguese make their investments in Brazil, according to figures from the Bank of Portugal. Rentals, real estate, and other services rendered to companies represent 83% of Portuguese investment in Brazil whilst investments in accommodation and restaurants represent only four percent.

Hotels, tourist developments, luxury real estate and commercial centres are some of the largest companies' best bets, paths chosen by Sonae Sierra, Grupo Espírito Santo and the Pestana Group.

But despite being one of Portugal's two areas of preference for investment in Brazil, over the past nine years the property real estate and energy sectors of the market have slowly been losing importance to the likes of the restaurant industry, accommodation and con-

struction.

Energy company EDP has not maintained its rate of investment in Brazil as it did in the 90's, dropping from 11%, in 1998, to practically nothing in 2007.

In the late 90's, EDP bought distribution and electricity producing companies in Brazil and only now has EDP Renováveis shown its interest in the Brazilian market again. The company, dedicated to wind farms in Europe and the U.S., intends to broaden its market to Brazil.



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Violent crimes continue throughout capital



Two petrol stations in Lisbon were held up in the early hours of Tuesday morning by a group of armed individuals. On the same day, five men robbed a Minipreço supermarket, in Sintra, escaping with €3,000.

In the first incident, three men, armed and wearing hoods, held up a Repsol petrol station on the Segunda Circular. Hours later they held up another petrol station in São Marcos, Cacém.

The assailants escaped in an Audi A4 which was stolen by 'carjacking' during the first robbery.

On the same day, five men broke into a Minipreço supermarket shortly after closing time, at around 21h00, and took around €3,000 in cash from the tills.

The criminals threatened employees with guns and assaulted one of them. The supermarket does have CCTV cameras but, at the time of the crime, security officers were swapping tapes so no images were recorded.

The five men wore dark clothes and had their faces covered with beanie hats or scarves.

After grabbing the cash the group fled in a dark blue Opel Astra.

Traditional boats sail into Cascais

Cascais Bay will be a colourful scene this weekend as several decorated boats will be participating in the Traditional Boat Meeting, sailing from the Marina into the Atlantic and back. This year the event, promoted by Cascais Council, is complemented by an exhibition on Passeio dos Pescadores.

Around fifteen boats from all over Portugal will take part in the event that is open to visitors and residents as well. The boats will be leaving the Marina at around 10h00 on Sunday morning, the highpoint of the day, and will return by 12h30.

Several exhibitions in Cascais Bay will complement the sailing trip and visitors can learn how to build a miniature traditional boat, the history of Cascais Chata boat or learn the art of tying nautical knots.

Happy Grill targeted by criminals ready to kill

Happy Grill, in Odivelas, was robbed last week by three men armed with a shotgun and two handguns. The criminals emptied the registers in less than twenty seconds and headed to another restaurant from the same chain on the same night.

At around 20h00 on Wednesday night, 27th August, three men made their way into the Happy Grill restaurant, in Odivelas, and threatened to kill the employees if they did not hand over the cash from the registers. According to a person in charge of the restaurant, the robbery took no longer than 20 seconds and employees had difficulty in identifying the criminals. They fled in a black Audi.

Two hours later, the same group of thieves robbed a restaurant from the same chain in Tapada das Mercês, in Sintra. Their modus operandi was the same, they entered the restaurant, pointed their guns at two employees, took the money out of the registers and left. Luckily there were no clients in the restaurant at the time.

Robberies are frequent at Happy Grill restaurants said the manager, counting 40 thefts so far this year.

On the same night a young man was forced to withdraw €350 from a Multibanco machine by those thought to be the same gang.

Judiciary Police and PSP suspect the gang is from Vila Franca de Xira, primarily because the gang focuses on restaurant establishments, with evidence leading to previously convicted people living in the district.

The gang's activity started on Friday 22nd August at a pharmacy in Alhandra but have since directed their robberies at restaurants.

WRVS Lisbon Car Boot Sale

Saturday 20th September. 11am to 3pm - Carcavelos Clothes Market - Shop or Sell* Bric a Brac and Miscellaneous Items.

The WRVS will be selling delicious home-made snacks and drinks.

*Pitch price 12euro - all proceeds going to a Portuguese charity.

If you have something to sell and want a pitch please call Sandra Woollett on: 214 863 893 or: gjws@world.net.pt or go to: wrvsportugal@gmail.com



Czech Minister for the European Commission, Vladimir Spidla and his wife Viktorie Spidlova during a ride in a typical Lisbon tram-car on 27 January 2004, during his official visit to Portugal. (Photo: LUSA/ANDRE KOSTERS)

Lisbon tram celebrates 107 years



Carris celebrated the 107th anniversary of Lisbon's tram last Sunday, a long 'life' that can be reviewed at the transportation company's museum. The tram is considered Lisbon's most characteristic mode of transportation and, after 107 years running, they are still roaming throughout the capital city, mostly for tourism purposes.

Inaugurated on August 31st, 1901, the first tram line of the capital, between Cais do Sodré and Ribamar, was inaugurated 29 years after the Carris company was founded.

From 1873 to 1901 the company provided public transport services on rails, pulled by animals, which at the time were called 'Americans'.

According to the company, the work to finish the preferred

electric cars started in 1900, by relaying the tracks, installing the tram cables above ground and building a thermoelectric factory able to supply all the necessary energy.

Press at the time described the tram as a more elegant, comfortable and faster mode of transport and the system was employed by Carris' whole network in 1904, from where they created new routes and expanded their fleet.

Over a century later, the route of the capital's distinctive transport can be seen at Lisbon's Carris de Ferro Company Museum, founded in 1999, where the changes of the service over time can be observed, reflecting the growth in passengers, the implementation of buses and the Lisbon Metro. The museum is open from 10h00 to 17h00 from Monday to Saturday and closes between 13h00 and 14h00 on Saturdays.

Giant laser harp to enchant Lisbon



A giant harp, with laser beams for strings, will take pride of place at Terreiro do Paço, Lisbon, from November 8th to January 11th, as part of the 'Luzboa' arts festival.

"The city will receive over 40 examples of festive lights from France, Spain, Portugal, Estonia and Italy which will be on display in four areas: Bica, Alfama, Rua do Alecrim and Baixa" said Ana Fernandes, from Realizar, the company organising the initiative.

'Luzboa' is intended to be a street project, inviting people to leave their homes to appreciate pieces that can only be properly appreciated at night on the streets.

Italy has been invited for the third year and for that reason the 'Laser Harp', by Pietro Pirelli, is the centrepiece at Terreiro do Paço.

"The laser harp is a piece that stimulates the public, which creates sounds and rhythms by using hands or other objects...the most interesting part of the technology is the ability to connect several arts together" said Pietro Pirelli, adding "In the case of the Harp, to connect visual art to sound."

Lisbon city will be decorated according to the season, which will be Christmas, plus several romantic representations, and emotions linked with the festive

season, will be displayed in different parts of the capital city.

Not all the pieces will be exhibited on the streets as Berardo Museum, in Centro Cultural de Belém, will be receiving pieces from the Panza di Biumo collection as well as the Palácio Pombal.

All works of art will be lit, by environmentally friendly LED lights, at dusk and switched off at midnight, although the organisation is thinking of extending the hours on national holidays and weekends.

'Luzboa', which is supported by Lisbon Council and sponsored by Turismo de Portugal, will be officially inaugurated on 24th October.

Man shot in Bairro Alto

A 25-year-old man was shot in the back, on Rua do Século, Bairro Alto, on Sunday afternoon after an argument with an individual that the police have not yet identified.

It is believed the victim is from Odivelas and was shot in the left shoulder, which the bullet went clean through.

It is thought the victim ran away from his assailant, even after being wounded, taking refuge in a building a few streets away where he then asked for help.

He was eventually taken to the São José Hospital at around 16h00 in the afternoon, where medical sources said "the victim is out of danger, as the wound was not serious".

Police are still looking for the attacker.

"When the PSP arrived at the scene the alleged assailant had disappeared", a police source said.

su do ku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it. There's no maths involved. The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning and logic. It's fun. It's challenging. It's addictive! Solving time is typically from 10 to 30 minutes, depending on your skill and experience.

1				2	4		7	
				9			4	5
		2						
	9	5			8			
3			6		9			1
			3			8	9	
						7		
7	5			3				
	1		9	8				2

Last weeks solution:

8	9	7	6	4	1	5	2	3
6	3	2	5	7	9	4	8	1
1	4	5	8	2	3	9	6	7
7	1	6	3	5	2	8	4	9
3	8	4	9	6	7	1	5	2
5	2	9	4	1	8	7	3	6
2	5	1	7	3	4	6	9	8
9	6	3	1	8	5	2	7	4
4	7	8	2	9	6	3	1	5

For tips on how to solve Sudoku puzzles, browse the forums, go to www.sudoku.com

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Praia dos Salgados, Eastern Galé and Praia Grande were closed off from public use following fears of pollution.

Three beaches closed following Lagoon overspill



On Monday, Regional Algarve Maritime Authorities closed off the Salgados, Eastern Galé and Praia Grande beaches, between the districts of Silves and Albufeira, following an overspill of stagnant water from the Praia dos Salgados Lagoon when unusually high tides flooded the beach and washed into the protected natural reserve, backwashing water from one of the most important wet lands in the region (also an ETAR treatment station's waste-water disposal recipient) into the sea.

The Salgados Lagoon is one of the most important areas in Southern Portugal for nesting and migrating birds. Every year hundreds of ornithologists visit the area to watch the birds that flock there.

But a green-coloured film that originated from the still-water lagoon spread into waters along the three afore-mentioned beaches, spurring District Health Officials to recommend their closure.

Monday morning maritime authorities placed visual prohibition signs and raised red and yellow flags on Praia dos Salgados, Praia Galé Leste and part of Praia Grande.

This was confirmed by Commandant Pedro Marques Pereira of the Maritime Authority's Portimão branch.

He told **The Portugal News**, "On Monday we received a recommending order from the District Health Authority to close the beaches off. As we are responsible for the flag signals we put in place visual signs prohibiting beachgoers from using those particular beaches".

Whilst at the time it was unclear for how long the beaches would remain out-of-bounds, Commandant Marques Pereira explained "analyses are being carried out on a daily basis. This is the responsibility of the Algarve Committee for Regional Development and Coordination (CCDR-A).

We will adapt signs accordingly, until all is once again clear. I'm not sure how long it will take to be completely clear, but it will be at least one or two days".

As a precaution, yellow flags were also raised on beaches either side of the Salgados beach, along a two-kilometre stretch of coastline.

Dr. Sebastião Teixeira, of CCDR-A, also told **The Portugal News**, "Closing those beaches was a precautionary measure. As the water in the Lagoon is not 100 per cent safe, and as it spilled into the sea and onto the beach, it would not have been advisable for beachgoers to swim in that water. "Samples were taken in the morning for analysis (Mon-

Underwater excursions part of University project



Marinha beach in the region of Lagoa is to be the first area where project EcoSub is launched, an idea devised by an Algarve University student to promote and explore the beauty under the sea.

Working in collaboration with CCMAR – Algarve University's Centre for Marine Sciences – student Mafalda Rangel drew up three underwater routes of different levels of difficulty, each comprising points of interest.

Anyone who can swim and is comfortable in water can have a go; all that is required is basic snorkelling equipment – mask, snorkel, flippers – which can also be rented on the beach for a nominal fee.

According to Marine Biologist Mafalda Rangel, the main aim is "to show what wealth

lies below the water's surface, just a few metres down".

She hopes it will inspire and educate others "to preserve the natural sub-aquatic richness and its surroundings".

Buoys and inflatable signs have been strategically positioned to map out each route, which will also be accompanied by a Marine guide.

Following this project, similar projects are planned along the Algarve, possibly on the beaches of Albufeira and Lagos, as well as in Cape Verde and on the Island of Santiago.



On Wednesday the beaches remained closed as test results confirmed the sea water had been polluted.

day, September 1st) and tomorrow morning (Tuesday) we should know the results. Normally there are no lasting problems, as the ocean is such a vast body of water, and I am optimistic, but 'normally' is no guarantee and we'll have to wait for the results".

He added, "The Lagoon is also used by an ETAR water treating station for the disposal of residual waters. And whilst the water is treated, it is never 100 per cent safe".

It is the second time this year that Lagoa dos Salgados, an area classified as being a conservation priority, has been breached by the sea, the first incident happening on June 26th. Earlier in April the Lagoon was drained with CCDR's authorization, though it was still criticized by various nature protection associations who claimed the draining caused the loss of many aquatic birds' nests and therefore violated basic conservation laws. This opinion was further reinforced by the Environmental Minister, who considered the Lagoa dos Salgados draining an "ecologic disaster".

CCDR defended the draining;

stating that it was a necessary intervention after it was filled with sea water from tidal surges.

On Tuesday (September 2nd) analysis results confirmed pollution in the water and the beaches remained closed. They were given the all clear on Wednesday and reopened that afternoon.

In related news, Regional Maritime Authorities have appealed to beachgoers to "not panic" during the next unusually 'High Tide', which following this latest swell on August 31st is set to occur on September 17th. A previous 'High Tide' caused flooding on many of the Algarve's beaches mid-July, one woman having to be airlifted to hospital.

She was injured whilst trying to rescue one of her three pet dogs which had been caught up in the rough tidal surge. According to experts, 'High Tides' occur every 15 days, though the past tidal changes have been unusually high and caused sudden changes to the generally calm summer seas.

September's 'High Tide' is expected to rise by 3.5 metres, ten centimetres higher than this latest surge on August 31st.

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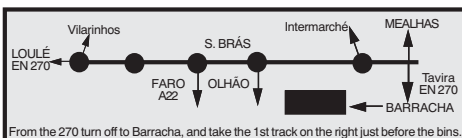


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Portimão Formula Windsurfing World Championships



The world's best windsurfers, from five continents, will be coming to Portimão between 8th and 14th September to compete for the World Champion title. The International Sailing Federation event will be held at Alvor beach, where winds are normally at their best.

Already signed up for the competition are world renowned windsurfers such as Steve Allen from Australia (Formula World Champion 2006), Ross Williams from the United Kingdom (European Formula Champion), Wojtek Brzozowski from Poland (several World Champion titles) and others. Allison Shreeve, current Formula World Champion, is already on her way to Portimão to defend her title in the Women's event.

Portimão Formula Windsurfing World Championships will be monitored closely by the highest regulators of the Olympic sport this year, mainly because Formula Windsurfing – One Design is one of the best placed sports to win a place in the London's 2012 Olympics.

Portugal will be represented by Bruno Bértholo, Lightweight Masters World Champion; Miguel Martinho of Portimão; Vasco Chaveca; Rui Silva and Pedro Soares.



Romanian shot on his doorstep

A 37-year-old Romanian man was shot on the doorstep of his rented home in Portimão on Saturday night by an unidentified assailant, following a dispute believed to have been over a woman.

Named as civil construction worker Ion Mohor, the victim was shot twice in his abdomen by an assailant who is yet to be caught. He lived in a house with five independently-rented rooms.

After the attack Ion was rushed to Portimão's Barlavento Hospital, where he was operated on, the two bullets were successfully removed, and he is said to be recuperating well.

The immigrant, who lived in Portimão with his brother and a second female lodger, had reportedly received his pay on Friday and had gone out that night, arriving home at around 03h00 Saturday morning with a woman who stayed with him in his room until the following morning before leaving together.

According to his brother's version of what happened, at around 21h30 on Saturday night a man knocked on their door and Ion opened it. He then got involved in a vocal and physical fight with the unknown visitor, who fired five shots.

It is believed the woman over whom the quarrel occurred was in the house at the time, and disappeared with the assailant.



Jan Zegers, Lagoa Bombeiros' second in command Gabriel Travassos and Lagoa Mayor Dr. José Inácio.

Golf tournament raises revenue for Lagoa firemen



Held on August 31st, this year's Prograve – Bombeiros de Lagoa Golf Tournament raised approximately €2,500, to be put towards essential emergency response equipment.

Organised annually by Jan Zegers, of the 'O Patio' Restaurant, this year 86 golfers took part in the tournament, from which all proceeds revert to the Lagoa fire brigade.

Whilst the tournament took place on the Pestana Pinta course, the lunch was held in the clubhouse, attended by Lagoa Mayor Dr. José Inácio, Gabriel Travassos, second in command of

the Lagoa bombeiros, and all 86 participants.

The money will be put towards purchasing specialist ARIKA breathing apparatus.

Trophies, some of which were sponsored by the Lagoa City Hall, were presented to the winners of the various categories.

Best Gross score went to Lynn Cook (Ladies) and José Custódio (Gents).

First place for Best Nett score went to José Rodrigues, second place going to Mic Neuman, and third place to Miguel Florindo.

Nearest Pin was taken by Lynn Cook, for the ladies, and Don Taylor for the gents, with Longest Drive going to Diana Hogben and John Hewitt, again for Ladies and Gents respectively.

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Jazz Club new season opening



'Zé Manel Martins' quintet concert, 21st Sept. at 5pm

The Jazz-Club of the Amigos do Museu in São Brás will start the new season on 21st of September at 5pm (17.00 hrs), with a huge African Party, featuring the famous 'Zé Manel Martins' (Afro-Latino) quintet and several guest players from Africa.

Together with the ISU (Algarve University Project, the objective of which is to help children in need in former Portuguese colonies) we will give an African look to the outdoor space of the Museum with handicraft and jewellery stalls, African food and drinks and a photo presentation of 'the Friends of Nô Djunta Mon' (Let's give a hand), a very worthwhile support project, that could use your help, too!

No reservations required. Tickets 10 € (friends 8€), available at the door. Please book food at the office two days in advance. Call Vânia on 966-329-073 or send an e-mail to: admin@amigos-museu-sbras.org

So, put into your diary: 21st September, 17.00 hrs, **Festa Africana!**

Come, bring all your friends, drink, eat and enjoy the music and make your donation to: 'Nô Djunta Mon'. Hope to see you all.

Young man who shot German tourist arrested



Following last week's report about the German tourist who was shot in the head at Boliqueime train station, this week the young hoodlum who carried out the attack has been arrested by Judiciary Police after they set up a 'trap' to catch the criminal.

Judiciary Police, in conjunction with PSP, organised an operation at Olhão train station to trap the young thug who mercilessly shot Ruffert Gunter in the head. Two officers waited for the criminal to turn up at the train station. At 17h45 two motorbikes arrived and the officers approached them immediately. One of the youths, the one who shot the German tourist, was arrested on the spot, with the help of undercover officers, the other attempting to run away but he was caught soon after as the area was

discreetly surrounded by nine police officers. Three guns, one of which was used in the crime, €11,000, mobile phones, jewellery, drugs, ammunition and both motorbikes were seized during the operation. The criminal's accomplice was arrested hours later in Portimão.

This whole incident is a sad twist of fate for Ruffert Gunter as five years ago he won €100,000 in the lottery and was enjoying his winnings whilst on holiday in Lagos with two friends. He had mistakenly disembarked at

Back to school for the students at East Int. School.



Wednesday 3rd September marked the start of term for all the students at East International School in Tavira. After a two month break the students are happy to return to school to meet all their friends and to continue with their learning.

The first few days of term follow an 'active learning' programme where new students and teachers are welcomed and everyone gets to know each other. Trips to the beach and to Faro offer stimuli for learning and a perfect platform for social interaction and fun.

The Head teacher, Graham Hewitt, has stated that he is very enthusiastic and upbeat

about the future of the school. New students are arriving from Spain and with the support of parents and local businesses he feels that the school is on track for success. As he says, "The Eastern Algarve needs a reputable International School and we are determined to provide it".

For more information about the school please visit: www.east-pt.com

Boliqueime instead of Ferreiras, from where he intended to continue his journey to Guia, for a day with his friend at the

Zoomarine park. The 64 year old German tourist is still in Faro Hospital slowly recovering from surgery to his head.

Do YOU pray?

If you would like to improve or consolidate your prayer life or learn how to start praying effectively, you are warmly invited to the second annual get-together of the Algarve Prayer Chain Ministry, to be held at Monte Penedo, Santana de Serra, Alentejo on Saturday 20th September. Guests will be welcomed from 10am with coffee, etc. and proceedings are scheduled to begin at 10.45am, concluding at 4pm.

The programme will be co-ordinated by Annie Stones, from Wolverhampton in the UK, and will be relatively informal, including times for praise and worship, as well as opportunities for meditation, quiet reflection and small group prayer ministry. Representatives of several organisations, who rely on prayer for much of their support, will give short presentations, followed by time for questions and/or browsing through relevant literature.

All are welcome and admission is free. There will be a bring and share lunch. Musical contributions will be shared by Chapter One, and Luke and Shelley.

For more information, including travel directions, please contact Aileen on 282687459, acdc-collins@sapo.pt or Tricia Bechgaard on 282799601, tricia.bechgaard@sapo.pt

Diary Dates: Visit of Baroness Cox to the Algarve October 17-20. Watch out for venues and further details.



Open for Business

Following the summer break, Network, the association for working and business women in the Algarve will be resuming activities in September, with meetings in the Western and Central Algarve. The Central meeting will feature Network President Janice Russell speaking on the value of Coaching in business, and the Western meeting will be an evening Meet and Greet, a time to meet other members and potential members, and to explore what types of business and services Network offers, always a popular event.

For those of you who don't know Network, the association exists to support women in all kinds of businesses in the Algarve. We have monthly meetings with a range of excellent speakers and topics, and our members have a huge amount of experience and good will to share, our strength being exactly what our name suggests - networking. Guests are always welcome, and we have a number of associate members who are retired. We span all ages, from 22 to over 60 (at least!) and have an international membership. We use English as the worldwide common business language. We publish a bi-monthly newsletter and are a respected and active presence in the local community and business world.

What do women get out of Network? Well, let's leave the final words to a member who joined last October:

'The value of Network for me is the business contacts: the connections I've made through Network enabled me to get my business going. And as a bonus, I've met loads of people and made some really good friends.'

Please come and join us if you would like to meet like minded women and share information and opportunities. Visit www.networkalgarve.org or ring our co-ordinator Paulette Fouché 915 584 667 or President Janice Russell 915 584 668 for more information.

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Faro's Central Hospital receives €31 million



Assistant State and Health Secretary Francisco Ramos announced last week that Faro Central Hospital (HCF) will receive €31 million to invest in services and equipment over the next few years. The company has just been converted into a State Institution.

"The HCF will receive €31 million, an amount that will be invested in phases. Throughout 2008 it will receive €4.6 million" said Francisco Ramos, during the presentation of the 'Special Plan for access to Ophthalmic Surgery in the Algarve'.

Transforming the HCF into a public entity "will allow us to better invest in several services", more specifically in improving structures and computer systems, Francisco Ramos explained.

The Assistant State Secretary also said that becoming a public entity will allow the HCF

to "start to employ medical specialties" which Faro Hospital does not have, but needs, to make "the transition into the Algarve Central Hospital" a reality by 2012.

"Faro Central Hospital needs to work with more efficiency" stressed the Health Secretary, saying the Hospital now bears much more responsibility.

The Hospital's new three health policies are its improvement within the National Health Service, improving the quality of its service and promoting efficiency.

Elderly duo fleece Faro Airport passengers



Two men, aged 63 and 70, were arrested on Sunday morning by the PSP's airport safety division at Faro Airport for robbing an Irish tourist's handbag in the check in area.

The 65 year old lady was waiting seated within the check in area. As she waited, two men sat down next to her and sparked a conversation. When the victim was distracted, the men stole her bag, which had personal documents and around €1,300 cash inside, and headed straight for the airport doors. At the time the victim and not even realised they had taken her handbag but luck was on her side as the men were soon approached by authorities who

had been keeping an eye on them as they seemed suspicious.

After investigation, the PSP discovered the two men had a police record for similar crimes.

Residents of Lisbon, the individuals had been working together in airports recently. They must now present themselves periodically at Lisbon's PSP station and are prohibited from going to public transport areas, the preferred locations for their crimes.

GNR achieve major breakthrough in dismantling regional drug trafficking

Six men and woman were this week detained by GNR police following two house raids in the area of Almcil. The suspects are believed to be related to a highly active regional drug trafficking ring. Significant amounts of drugs were seized as a result of the raids.

Amongst the suspects was a 16-year-old Portuguese, the remaining individuals being of Cape Verdean nationality, were aged between 20 and 24.

A second woman, said to be young, was made a suspect in the case.

According to a GNR source, the investigation was initiated six months ago and culminated in two house raids, one a discreet rented two-floor villa in Sítio do Além, the other on the road from Almcil to Vale de Lobo.

Neighbours reportedly were not surprised when the raids were carried out, describing the area as an "uneasy environment, day and night".

One neighbour claimed there was a "continuous string of buyers and sellers, until the early hours of the morning".

From the two raids GNR officers seized drug and chemical substances sufficient for 4,542 individual doses of heroin, 366 doses of cocaine, and 120 of hashish.

More equipment and goods thought to have been stolen were also seized, including €6,290 in cash, three passenger vehicles, watches, white goods, televisions, computers, bicycles, in total all worth around €80,000.

Forty-five officers were involved in the operation.



Tavira petitions to rescue church



Hundreds of local Tavira residents have instigated a petition to start renovation works on the Igreja das Ondas church, which is co-owned by the City Hall and Social Security office.

So far 410 people have signed the petition, which is supported by Tavira City Hall, who two years ago initiated bureaucratic procedures to carry out renovation work.

This has so far been postponed due to a lack of response from the Social Security (ISS).

Dr. Filipe Beato, of Tavira City Hall's Press Office, told The Portugal News, "We don't yet have an overall budget for the total cost of the renovation work, but the City Hall is willing to cover all costs, we will remodel everything".

A bone of contention is a building annexed to the church from where the Social Security's Financial Management (IGFSS) department once operated, before relocating to new facilities. Tavira City Hall is willing to renovate this building too, in exchange for making it available for their use.

According to Dr. Beato, "lack of communication" between the City Hall and the ISS/IGSS has caused the decision-making to be a dragged-out affair, one that locals now hope to solve.

"It is surprising that it has taken so long since we have a solution", said Dr. Beato.

The Igreja das Ondas, other-

wise known as Church of São Pedro Gonçalves, Nossa Senhora das Ondas or Church Corpo Santo, is a prime example of authentic Rococo, Baroque and Renaissance art, dating back to 1765.

On January 31st 2003 it was officially made a 'building of public interest' by the Government, though due to lack of intervention has reached a regrettably dilapidated state.

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For more information,
including travel directions, please contact
Aileen on 282687459, acdc-collins@sapo.pt or
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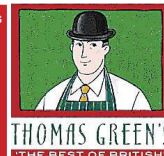
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Spotlight on America

SIR, Ain't it great to live in America?! Think about it. Only in America could a Lady Macbeth like Hillary spend her entire life conniving to get into the White House by any Machiavellian scheme, be it covering for a philandering politician husband, keeping her child count down to a

politically correct 1, pandering to the gays, promoting the murder of countless babies in the name of "choice", shamelessly showing her face after being caught in numerous fibs (dodging Serbian bullets) and questionable scandals, etc. and then be betrayed by the very sycophants who had supported Bill in favor of the

upstart Obamas. And then she had to suffer the humiliation of having to endorse the pretender to her throne at the convention in order to secure the dim possibility of becoming the first woman president in 2012.

Then, to add salt to the wound, along comes a "zezina ninguem (a nobody)", married to a fisherman, who never aspired to political fame, who chose life for her downs syndrome child, a church-going, hockey mom of 5 who hunts moose, and practically has the whole ball of wax handed to her on a platter! Of course, this all hangs on if John McCain wins and, heaven forbid, becomes unable to fill the office. But still, isn't it sweet? God bless America!

JAMES ROSS, By e-mail

A concerned resident

SIR, This week we see still more stories and letters in newspapers concerning the McCann's. Is it not now time that the whole disastrous episode was put to rest? This situation has received more than enough press coverage, money, help, and sympathy from so many people in the Algarve and elsewhere. They've received so much money in donations, they have publicity agents, lawyers and many others all working for them and as yet all to no avail. Surely it is now time to concentrate on situations which matter to people actually living here and some of the problems they encounter?

For example, I have a dear friend who for the past year has been trying to obtain an apology and some form of compensation from a doctor in a private hospital for misdiagnosis of her problem, carrying out an operation which was totally unnecessary and her family being told she had cancer and would only survive for six months!

She was left in a very serious situation by this surgeon, and only

six months later required a further six hour life saving operation at a different hospital, with a further five weeks in hospital, three in the intensive care unit and spending months recovering from the trauma of all this. Eighteen months later, mentally she is still far from recovered from the ordeal.

The problem is, with very limited income and savings, trying to employ a lawyer who is only interested in her situation. When the word compensation is heard, it seems lawyers here are only interested in how much money they can charge and how much of any compensation they can obtain. The whole area of compensation in Portugal is not the same as it is in the UK with its 'obscene amounts of compensation for everything' culture, but surely there is something that can be done to make this surgeon answerable for his mistakes? Any information, advice or assistance would be much appreciated.

NAME & ADDRESS SUPPLIED

Last words

SIR, Mr. Mainprice finds it laughable that the laws of probability could have had any influence on the survival of his offspring. Really? When his child was growing up was there ever an incident that the timely intervention of a responsible adult prevented from becoming a tragedy he would still be grieving over? I doubt it. Which is why children of the feckless mainly survive unharmed too.

Ms. Frazer is correct when she says anything I write can only be my opinion, which is: Madeleine and her siblings were left untended in their apartment and some time later she was missing. Everything else, (including my comments) is speculation. I'm sorry but I can't recall the source of 'many children' but suffice to say that I didn't make it up.

As to the presence of her parents making much difference, quite a few people will have woken up this morning to find that their home has been ransacked while they slept.

She assumes that I have children—I don't—but long before the endless nanny state directives that rule our lives, they would have been brought up like I was during the 30s, expected to be responsible for younger siblings, walk unaccompanied to school (!) spend all day exploring far and wide (!) and often left alone for hours at night (!!!), so I accept that the

degree of supervision deemed acceptable then would have me in deep doodoo today. As there is no legal limit to how long a child can be left unsupervised I could expect a sharp reminder of my parental responsibilities.

And those are my last words on the McCanns. Who said "If only!"

A change of subject: Has anyone else noticed that the term 'climate change' is becoming interchangeable with, if not actually superseding, 'global warming'. If so, any thoughts on why?

RON LAVERY, By e-mail

News in brief

Two criminals hid jewellery and cash in their genitals

Two young women, 16 and 19 years old, were arrested in Lisbon after they failed to stop their vehicle when ordered to do so by the PSP and subsequently almost ran over an officer. After a police pursuit, the women were detained and sent to the Police Station where they were searched. It was then that Police discovered the women had several silver and gold items of jewellery and around €1,500 in cash wrapped in plastic inside their vaginas. The PSP suspect the items came from criminal activities.

Improved Internet Access

Internet access in 1,200 public schools is set to improve as the Ministry of Education signed a contract with Portugal Telecom last week, allowing students to access the Internet from any location in the school, all part of the Education Technological Plan (PTE).

These networks will be "one of the biggest world projects in local network installations."

This new plan will provide schools with WiFi and Ethernet network infrastructures. The contract, budgeted at €51 million, will foresee the installation, maintenance, operating and management of the networks.

The PTE hopes that next year, 1,200 schools will have one computer for every five students, a ratio that will place Portugal among the most advanced European countries in this field.

Earthquake shakes Grândola

An earthquake with a 3.1 magnitude on the Richter scale was registered twelve kilometres south/southeast of Grândola on August 29th, at around 19h26.

Drug bust

Four people were arrested after authorities at Lisbon Airport found almost 20 kilos of cocaine in their suitcases. The two women and two men, of Spanish, Bulgarian and Romanian nationalities, had just arrived from Brazil.

Crime wave continues

Four men armed with shotguns robbed Toscano restaurant, in Cascais, in the early hours of Tuesday morning. The same gang robbed a petrol station in Casal do Cotão the previous night.

Englishman abducts teenager

A 42 year old English man, resident in the U.S. but on holiday in the Algarve, gave a 17 year old boy a lift on Tuesday afternoon from Praia da Rocha to Bemposta, in Alvor. Arriving close to the destination, the driver failed to stop and sped in the direction of Alvor, driving extremely fast. After almost running over two people, the incident ended abruptly as the driver crashed into two vehicles, he has been charged with abduction, dangerous driving and drink driving after he registered 2.16 grams of alcohol per litre of blood when breathalysed by police.

Truck falls onto road

On Tuesday afternoon a truck crashed off the A22 motorway and fell seven metres onto the Tavira exit road. The driver only suffered minor injuries but traffic was at a standstill for several hours as the truck lay across the road. The cause of the accident, at the time of going to press, was unknown but authorities think it was one of the three possibilities: a mechanical problem, sleep deprivation or driver error.

Carris upgrading

Carris is upgrading its fleet by buying twenty new buses this year and sixty the following. The new vehicles, equipped with video surveillance and air conditioning, will be replacing buses currently in use and will cost the company €10 million. With these new acquisitions, in line with Carris' project of buying 408 vehicles that started in 2003, the average age of its fleet will be reduced from seven years and six months to seven years and one month by the end of 2008 and down further to six years and three months by the end of 2009.

Prostate tests withdrawn

The National Authority for Medications has ordered the immediate suspension of selling prostate screening tests of the following brands: Acon, On-call, Quick-Check, Innovacon and InstAlert - as some have been giving false negative results, which could contribute to a delay in diagnosis.

Alfredo da Costa Emergency Unit at risk of closing

Lack of staff at Alfredo da Costa Maternity (MAC), in Lisbon, is causing distress within the Emergency Maternity Unit as employees are working close to their limits. Closing the Emergency Unit was considered last week as staff could not cope.

The lack of doctors in the maternity unit, which is the biggest in Portugal, has been getting worse since 2006 due to doctors transferring to private healthcare and others ageing, allowing them to ask for reduced rotas and to refuse to work emergencies. Of the 45 obstetricians working at MAC, 21 are over 50 and therefore are not obliged to work in the Emergency Unit.

Carrying out 20 births and 100 emergency services a day, MAC has been obliged to use companies that supply medical staff but charge much higher fees for their doctors, to ensure the minimum

number of doctors is maintained. Coordinator of the Emergency Unit at MAC, Clara Soares, says doctors and nurses are at their limit as they carry out successive shifts, showing signs of fatigue.

In August, a critical month due to holidays and made worse by the fact that Vila Franca de Xira and São Francisco Xavier Emergency Obstetrics have closed, the lack of personnel was clearly visible as some shifts only had six obstetricians. The Health Ministry was informed of the situation in June but so far nothing has been done.

Portuguese for Beginners

Emília Rosendo

126

THIS LESSON:

Regular -ER verbs in Pretérito Imperfeito do Indicativo

Today's lesson deals with the formation of the *Pretérito Imperfeito do Indicativo* (Imperfect Tense) of a regular verb in -ER.

COMER (to eat) is the infinitive or the name of the verb. It is made up of a stem, **COM-** and an ending, **-ER**.

To conjugate a regular verb in -ER in *Pretérito Imperfeito do Indicativo* we need to know what endings are required.

	COM	ER
eu	com	ia
tu	com	ias
ele		
ela	com	ia
você		
nós	com	íamos
eles		
elas	com	iam
vocês		

Eu comia

Tu comias

Ele comia

Ela comia

Você comia

Nós comíamos

Eles comiam

Elas comiam

Vocês comiam

① Put in the *Pretérito Imperfeito do Indicativo* of the verbs in brackets.

a) O nosso tio Paulo _____ (vender) carros em segunda mão.

b) Aquela senhora ruiva _____ (viver) numa pequena casa perto da nossa.

c) Em criança a Ana _____ (mexer) nas coisas que _____ (pertencer) à irmã mais velha, sobretudo nos produtos de maquilhagem.

d) - Quantos cafés tu _____ (beber) por dia?
- (Eu) _____ (beber) sete, pelo menos, mas agora só bebo dois.

e) Quando nós _____ (viver) na nossa antiga casa, raramente _____ (acender) a lareira.

f) Na sua juventude, o António _____ (escrever) imensos poemas.

g) No novo escritório, a Marta _____ (atender) telefonemas, _____ (oferecer) chá ou café aos clientes e _____ (receber) a correspondência.

h) De manhã bem cedo eles _____ (correr) durante cerca de meia hora na praia.

Please send your completed exercises, with a STAMPED, SELF-ADDRESSED ENVELOPE, to me: Emília Rosendo at The Portugal News and I will send them back corrected. The Portugal News - Apartado 13, 8401-901 Lagoa. Tel: 282 34 11 00.

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Alison Blair – Mind over Matter



"With our minds we create our world – with our thoughts we create our feelings. If you, like me, are unable to predict your future, try creating it - It's time for a new approach", Alison Blair - Mind Over Matters

If you would like to be totally free of emotional distress, be able to take control of your life and your health, conquer your fears, phobias and addictions, get completely over a traumatic event or loss, recognise and correct self-limiting behaviour and create a positive future for yourself and those you love, read on...

Have you been unable to take the steps necessary to achieve the life you want? Learn how to change your approach now because you deserve it.

It's not always easy to make the changes needed to achieve the changes necessary but it is always possible, you just have to know how. Changing your mind is not just a woman's prerogative, it's the right of every person who wants to achieve a different state of mind. Learning to change 'state' is an invaluable tool allowing us to take back control of our thoughts and therefore our feelings. This is just one of the many life changing skills that you will learn to implement when you attend a 'Mind Over Matters' Workshop or Seminar here in the Algarve.

For those of you who seriously want to master the benefits of NLP & TFT either for personal enhancement or to an accredited certificated level, contact Alison Blair by email now to register your interest - alison@mind-over-matters.com or call 964 951 570.

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The Accredited Algorithm Course in TFT is 2 full days plus follow up and case histories.

The Accredited NLP Practitioner Course is 8 days.

Workshops and Seminars are available on a range of topics, the most popular being Weight Loss,

Smoking Cessation, Fears & Phobias, Public Speaking, Positive Mental Attitude, Coping with Serious Illness. The 2009 Schedule of Events is under discussion now and details will be released shortly at www.mind-over-matters.com

Celebrity and world renowned Master NLP Trainer and Hypnotist Paul McKenna Ph.D. says: "When I first read about TFT, I had no idea of the positive effect it was going to have on my life and the lives of so many people that I have come into contact with. I have been practicing TFT and evangelistically spreading the word of this wonderful technology now for several years and I never cease to be amazed by the powerful effect that it has upon people to change their lives for the better."

Windows, the eyes to the soul of a home



Since the formation of M2M Blinds in January 2007, owners Andrea and Denny Bird have seen their business grow at a healthy, happy rate. Besides producing the most beautiful, bespoke blinds for windows they now also offer useful fly-screens, ideal for this time of year, when winged nuisances start to appear.

M2M's comprehensive range of fly-screens are available in a myriad of colours and, like the window blinds, can be based on vertical or horizontal operation, roller or pleated systems, amongst many others.

Unlike most other companies, M2M Blinds cover all areas of Portugal. With their 'We Come to You' approach, it really makes it easier, more comfortable and more accessible for customers to make their choices with expert guidance in styles, colours, and finishes.

Any home should be a place of privacy and calm, and window blinds are an ideal way of achieving this. But that doesn't mean to say they need be boring or dull.

M2M supply blinds that are tailor-made to each customer's individual needs and requirements, manufactured in the UK, using an extensive range of fabrics, materials and colours. Denny and Andrea Bird, owners of M2M Blinds, give home consultations with free assessments to attain a first-hand feel of what the customer intends.

Specialising in made-to-measure vertical blinds, M2M also supply Venetian, and perfect fit blinds especially designed for internally opening windows, as well as unusual wooden Venetian woven wood blinds, which have, so far, been extremely popular with the Portuguese market.

Their huge range of fabrics,

which include solar-reflective and blackout materials, and decorative finishings mean blinds can be created to elegantly match any style and colour interior, all chosen and designed in the comfort of your very own living room.

Originally from Wolverhampton, in the UK, Andrea and Denny moved to Portugal two years ago, where they live in Ourique, in the Alentejo, with their young family.

The couple launched M2M blinds at the end of January 2007 after seeing a niche, a need for a company specialising in window blinds, later introducing the flyscreens due to the same demand. Offering competitive prices and a 12-month guarantee on all products, M2M cover all areas of domestic and commercial applications, and a free, no-obligation quote will be given over the phone.

For more information, contact M2M Blinds on: (+351) 286 518 059, mobile: 932 894 709, e-mail: m2mblinds@hotmail.com, or see their website: www.m2mblinds.com. Alternatively, see M2M Blinds at the International Algarve Fair, on the weekend of September 20th & 21st, at the Lagoa FATACIL showground.



Outdoor Chef barbecues, the ultimate summer accessory



Outdoor cooking is an exciting part of summer; the smell of sizzling sausages, barbecued chicken, grilled ribs... but not everyone enjoys the smoke and flare-ups that barbecues can often entail (the burnt meat or the heartburn). Now Portugal has an innovative alternative to the humble barbecue, which not only grills, but bakes, roasts and broils, amongst many other useful facilities, meaning perfect food every time.

The Outdoor Chef is a complete cooking concept, based on a gas barbecue, which does so much more than just grill.

It is a totally new dimension in gas barbecues that offers versatility and creativity, complete with a wide range of accessories.

With all the different functionalities the Outdoor Chef can perfectly cook the chunkiest piece of steak to the most delicate pastry.

The Outdoor Chef differs from standard models as it is based on a breakthrough gas kettle grill design with a reversible funnel, heating evenly to a high temperature in an instant.

This also means it is ideal for cooking eastern foods, which are 'flash-cooked', and Mediterranean meals like paellas.

A one-touch ignition makes lighting the barbecue as easy as it can get, and, as there is no charcoal involved there is no smoke or risk of being burnt by fat dripping onto hot coals.

And thanks to the grill's unique shape, any residue fat is gathered in a deposit beneath, meaning less cleaning and healthier, tastier food.

With the right accessories, - and there are many to choose from - the right food and drink and the right company, the Outdoor Chef can create the ul-

timate al-fresco culinary experience.

Available in various models it is also available with a 'Pizza Stone' on which pizzas, breads and other doughs can be baked, offering that traditional 'just-out-of-the-oven' taste.

A portable, mini-size Outdoor Chef (the City Grill) is an ideal solution for those living in apartments with balconies, with small outdoor spaces, or even camping aficionados.

As there is no smoke, the only thing neighbours will have to complain about is not having a City Grill themselves!

All models are made of a ground-breaking scratch-resistant material that ensures years of good use even for the most enthusiastic griller.

The Outdoor Chef is being introduced to Portugal courtesy of Ken Tomsett, who resorted



to sourcing a new type of barbecue after spending "year in year out buying new grills as they would start to go rusty after only one season's use. There was nothing else that was suitable".

"This is the type of quality product the Algarve needs and appreciates", he says.

From more information, call Ken on: (+351) 964 954 279.

Delivery and assembly possible on purchase.

Faro pharmacy - the perfect remedy



As one of Faro Airport's most recent additions the Airport Pharmacy has also proved to be one of its most important, not only to the thousands of passengers that come and go through the terminal, but also to many local residents who opt for the Airport's pharmacy due to its efficiency and convenience.

Opening every day at 08h30 and closing at 23h00 means it offers a reliable and accessible timetable.

People from all over Faro make their way there, not only due to the private parking but also to make use of its high-tech services.

A range of analyses and check-ups can be carried out in the establishment and take only a matter of minutes.

Amongst these is a cutting-edge heart monitor, a small,

handheld device that, through being held in both hands, can determine the cardio stress index, as well as cardio frequency and rhythm.

Also available are weight, IMC and blood pressure tests, as well as cholesterol, glycaemia and uric acid analysis.

A PSA prostate exam is also available, which will take between a few minutes and quarter of an hour maximum.

Complementing the tests are a wider range of medications, ho-

meopathic and clinical, as well as veterinary, baby and dairy products, and prescription drugs.

In the event of missed or delayed flights, hungry babies are catered for with a wide range of foods and drinks.

The ever-necessary toothbrush and paste are always a popular seller, along with sun creams, paracetamol, ear or nose drops, and other travel-related requisites.

Over the past five years the Airport Pharmacy, which is still under the supervision of Drª Marília Barros, has become a first port of call for all unwell passengers.

Advice is always on hand, and, if in doubt, customers can be directed to the airport's duty nurse.

For more information, call the pharmacy on tel/fax: (+351) 289 819 740.



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PROPERTY

A 12 page weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 6 Sep 2008

PROPERTY OF THE WEEK

Luxury villa in Quinta dos Sobreiros



Quinta dos Sobreiros is a new luxury villa, of 774m², in an idyllic 3000m² setting. This increasingly rare, exclusive property offers sumptuous quality amongst the Cork Oak trees which give the villa its name. Set in the heart of the Golden Triangle, this palatial villa provides value, relaxation and pleasure whilst maintaining privacy, security and independence.

What wows or special features would you have in your dream villa?

Uncompromising Luxury, Intelligent House Technology, 2 Master Suites, 3 Double Bedrooms, Jacuzzi, Stone Fireplace, Underfloor Heating, Games Room, Gym, Cinema Room, Sauna, Winery, Heated Swimming Pool, Landscaped Gardens, Water Features, BBQ and Outdoor Living Area?

Well, they are all here in Quinta dos Sobreiros.

Quinta dos Sobreiros is set in beautifully landscaped, extensive gardens and offers flexible lifestyle options. The outstanding features of this perfect hideaway complement an international executive lifestyle within a comfortable home. There is an abundance of space in which to relax or entertain and

room to create the desired ambience. Paved terraces with ample shade surround the stunning 15m x 6m pool inviting enjoyment of outdoor living as part of the Algarvean way of life.

The latest 'Intelligent House' technology is used to control, via an LCD touch screen or the Internet, various aspects of the environment, from mood lighting to room temperature. There is a pleasing contrast between modern facilities such as the state of the art Cinema Room, Winery and Gym and traditional features such as the magnificent Stone Fireplace, feature pillars and hand-made chimneys. Throughout there are American Oak doors and electric shutters. All bathrooms are tiled with natural stone.

From the calçada driveway you enter this magnificent villa through double front doors which lead into the impressive double-height Entrance Hall with a grand feature window. To the left is a luxury fully-fitted Kitchen with granite surfaces and Double Fridge Freezer. Straight ahead through two pillars is the sumptuous Lounge with feature Stone Fireplace and large separate Dining Room. To the right is the Cloakroom with WC and the three en-suite Double Bedrooms with fitted wardrobes, covered terraces and pergola.

Upstairs, at the top of the marble staircase, is the palatial Master Suite with king-sized bed space, lounge/office/library area, bijou hidden kitchen, dressing room and luxurious bathroom, Jacuzzi, large cov-



ered balconies and terraces. There is also a second Suite with spacious double bedroom, bathroom, dressing room/study area and balcony.

Situated in the basement is the Cinema Room and Wine Cellar with Temperature and Humidity Controls. Next to this is a fitted Shower Room & WC. Beyond is the multi-purpose Gym/Games Area and Sauna, the large Garage with electric double doors, Laundry Room and Storage Areas.

In the Jardim Vista designed extensive gardens there are many features of outstanding beauty.

In the driveway is a circular pebble centre-piece with three cypress trees and an attractive millstone water feature, with a timber-sleeper path.

Around the pool terrace are the breakfast patio, Barbecue and covered outdoor living area, providing relaxing views of the large pool.

Next to the Barbecue is a beautiful water feature, two water mirrors with soft sprinklers, set in a formal citrus garden.

The Schist water fountain provides a stunning focal point.

Combining exquisite design features, the highest grade construction materials and uncompromising attention to detail,

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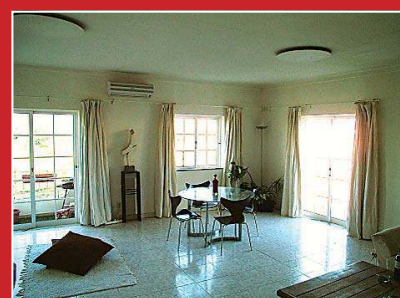
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Vilamoura

Situated in a quiet area, 2 bedroom apartment composed of 2 bathrooms, lounge with fireplace, kitchen and terrace. Communal swimming pool and garden area. Exterior parking space. Furnished and equipped. Construction area - 97 sq.m.

Ref: A1140 Price: € 150,000



Vale do Lobo

Beautiful apartment composed of 2 bedrooms (1 en suite), 2 bathrooms, lounge, equipped kitchenette and terrace. Construction area - 94 sq.m.

Ref: A1266 Price: € 312,700



Vilamoura

Semi detached villa composed of 3 bedrooms, 3 bathrooms, lounge, dining room, kitchen, storage, office, roof terrace & terraces. Garage, carport & barbecue. Swimming pool & garden. Furnished & equipped. Plot area - 290 sq.m. Construction area - 200 sq.m.

Ref: V12528 Price: € 475,000



Sítio do Vale

Beautiful villa located near Vilamoura, composed of 4 bedrooms, 4 bathrooms, lounge w/ fireplace, dining room, kitchen & terraces. Barbecue, sw. pool, garden & garage for 3 cars. Furnished & equipped. Plot area: 938 sqm. Constr. area: 300 sqm.

Ref: V12520 Price: € 585,000



Stª Bárbara

Beautiful villa w/excellent panoramic views, composed of 3 bedrooms, 4 bathrooms, lounge w/ fireplace, dining room, kitchen, storage, terraces & roof terrace. Garage, sw. pool & garden. Plot area: 3000 sq.m. Constr. area: 285 sq.m.

Ref: V12552 Price: € 690,000

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Price: € 750,000 **Off-Shore



Vilamoura

3 Bedroom / 2 Bathroom detached villa with private swimming pool located within 2 minutes walk of the Hilton Spa Resort.

Price: € 475,000



Vilamoura

2 Bedroom / 3 Bathroom detached villa offering a private swimming pool located in a quiet cul-de-sac and only a few minutes walk to the new Hilton Spa resort offering restaurants & bars.

Price: € 420,000



Vilamoura

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Price: € 225,000



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Olhão

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- Mains water & drains

Ref. C1146
Price: € 120,000



São Brás de Alportel

- Attractive villa in the hills
- Lovely views to São Brás
- 3 bedrooms 2 bathrooms
- Pool & large terrace
- Garage & garden
- Villa 165m² plot 4850m²

Ref. V878
Price Reduced: € 445,000



Estói

- New villa in the hills
- Excellent views to coast
- 3 bedrooms 3 bathrooms
- Garage & garden
- Space for pool
- Villa 180m² plot 1450m²

Ref. V890
Price Reduced: € 326,000



Santa Bárbara de Nexe

- Luxury spacious villa
- Magnificent coast views
- 4 bedrooms 4 bathrooms
- Pool, terrace & barbecue
- Beautiful gardens
- Villa 297m² plot 3100m²

Ref. V959
Price Reduced: € 795,000



Olhão

- New villa just completed
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- 4 bedrooms 2 bathrooms
- Air-con pre-installed
- Patio & barbecue
- Villa 180m²

Ref. V1149
Price: € 235,000



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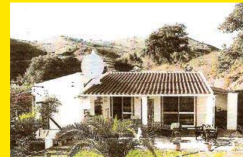
Ref. V-327 Price: € 275,000



Centianes / Carvoeiro

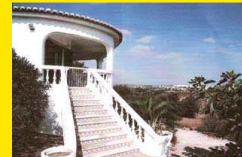
Spacious 4 bedroom villa w/ seaview, close to Centianes beach. Comfortable lounge, dining area, fully equipped kitchen, double bedrooms w/shower/bath en suite, garage, mature garden, sw. pool w/ sun terrace. Ready to move in!

Ref. V-350 Price: € 635,000



Near Silves

Charming detached farmhouse on 1200sqm plot. 2 double bedrooms, 1 shower room, spacious lounge/diner, equipped kitchen, small pantry, large covered patio. Nice garden, A/c, wood burner. Garage/workshop, utility room, space for pool, own borehole. Ref. V-351 Price: € 269,000 / £ 188,000



Salicos

Spacious 3 bedroom villa on cul-de-sac road in excellent location w/ view of Monchique mountains, close to Marinha beach. 300sqm plot. Open plan kitchen, lounge, dining room w/ wood burner, large terraces, easy to maintain garden. Space for sw. pool.

Ref. V-349 Price: € 445,000



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Ref. V82226

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Price: € 480,000



VILAMOURA

Ref. A82187

2 bedroom 2 bathroom apartment located 10/15 mins walking to Marina & beach. 10 mins walk to Pinhal Golf Course. Closed complex w/ communal garden & sw. pool. Near all amenities. 100 sq.m. constructed area. Fully fitted kitchen. A/c in lounge. Excellent letting potential.

Price: € 175,000



VILAMOURA

Ref. A82247

2 bedroom apartment in closed complex w/ reception, large green areas & 3 sw.pools. Between Pinhal & Old Course. Close to Marina & beach, approx. 20 mins walk. 100 sq.m. constr. area. Furnished & equipped. Pre-installation for A/c. 1-car private parking space. Impeccably well maintained. Excellent investment, great letting potential.

Price: € 285,000



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Ref. MB71985

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Price: € 600,000



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Fonte Santa - Cacela

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Ref: LHT-853 Price: € 199,000



Moncarapacho

Spacious, modern, open plan 5 bed villa in immaculate condition with swimming pool and landscaped garden situated in an up-market residential area. Construction size approx: 480 incl. basement with garage, plot 1377m2, built in 2006.

Ref: LHV-927 Price: € 640,000

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Ref: LHV-901 Price: € 895,000



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Ref:LHV-904 Price:€2.400.000



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Ref: MG-VIV-0114

Price: € 65.000,00



Moncarapacho

Charming refurbished townhouse, with a large roof terrace with privacy, overlooking the village the countryside and the sea for a fantastic price. Sold furnished.

Ref: MG-VIV-0113

Price: € 150.000,00



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- **QUERENÇA (NR. LOULE)**, S326, 3 beds, 167m² living area on two floors, c.1,800m² land, pool, lovely garden, borehole, great potential, nestled in perfect environment, not far from village & towns. REDUCED TO TOP PRICE ONLY €340,000!!!

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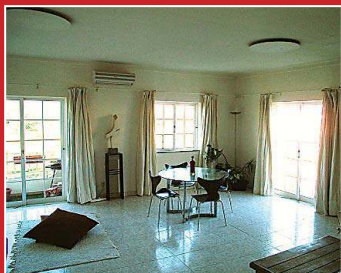
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Get it down in black and white

Black and white's still the most popular trend around. We seek out the best monochrome homeware and furnishings so you can sharpen up your style.

The world of interiors can be a little confusing sometimes, with the trends changing as rapidly as high street fashions.

That's fine if you've got the budget to indulge in every pass-

ing interior whim, but most of us really want a style that will have lasting appeal and doesn't cost a fortune.

Look no further than monochrome - a classic which looks just

as good in rooms as it does in an outfit.

The black and white combo - accessorise with warm, chic touches of 'bling' gold or silver metallics to bring it bang up to date - is in the spotlight this autumn as designers celebrate its charms.

They're confidently predicting that it will be a leading look all through 2009 and beyond.

So how do you create monochrome magic? Leading interior designer, Karen Howes of This [correct] Designs, says: "Black and white and cream are hot colours this season, however it is how you use them that's key."

"It's all about materials as well as colours, so go for polished steel, acrylic and plastic."

"Most importantly, before you start choosing fabrics and furniture decide which style you'd like to go for so you can plan a complete look."

There's a whole choice of interpretations from modern and minimal using pure white and jet black, a more rococo style with elaborate pattern and detail, or the glamorous Art Deco feel with mirrored pieces and shiny black surfaces.

"If you can't really afford a whole redesign but love the look - get savvy," Howes says.

"Take the 'designer shoes and

handbag paired with a Marks & Spencer T-shirt' approach! Use inexpensive fabrics for large expanses such as curtains or loose covers and then have a mini-splurge on some fabulous designer cushions and accessories like vases."

Follow a few simple monochrome rules to guarantee monochrome success, urges Steven Rowe, head of home design at Littlewoods Direct which features a range of design-standard monochrome homeware at budget prices.

"It's not simply a case of putting black and white together! Too much black and your decorating scheme becomes heavy and dark, so always consider the balance of colours," he says.

Rowe recommends mixing matt and shiny gloss combinations of black together to reflect the light and create surface interest.

"Textured white cushions and throws make a fantastic contrast with leather furniture whilst a flash of metallic - silver or gold - will bring the look bang up to date."

Seeing things in black and white means they're clear and totally in focus and that could be the perfect recipe for home decor. So banish the confusion and move to monochrome.

Gabrielle Fagan



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Globe artichokes

These beautifully ornamental and delicious veg should be planted in either the flower border or the vegetable garden from February until April. They need a sunny, sheltered spot and well-drained, moisture-retentive soil which has been enriched with organic matter.

Seed should be grown at 15C - one seed per 9cm pot - and then the seedlings should be hardened off gradually and planted out in early summer. Mulch them well in the first year and protect them from frost by covering them with horticultural fleece in cold snaps.

Plants should be watered well in their first year and weeded regularly. If you only want one large flower head, remove the side shoots on each flower stem during the growing period.

You have to be patient, as globe artichokes may take two or three years to crop well. Large heads are produced in summer. Cut off the heads with secateurs before the leaves start to open.

Some say, they are best steamed and then eaten with vinaigrette. You can pick off the fleshy leaves, dip them in the vinaigrette and suck off the tender part of the leaf, before arriving at the delicious artichoke heart.

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Best of the bunch

Dwarf phlox

They are among my favourite rocky plants, their flat heads of brightly coloured blooms providing a wealth of colour in rockeries, tumbling over walls and providing masses of colour in alpine planters. There are many different types of phlox, including erect, ever-

green and herbaceous perennials, but among the best are the spring-flowering dwarf varieties such as Phlox subulata, mainly in shades of blue, pink and red. Good choices include P. subulata 'Lilacina', a dense, mat-forming, evergreen perennial which produces soft lilac flowers, and P.

'Kelly's Eye', another evergreen, mounding perennial producing pretty pink flowers with a deeper pink centre in late spring to early summer. Rock garden types of phlox need well drained soil in full sun. Plant cuttings in a cold frame in summer.



Three ways to... Achieve better beans

1. Plant sweet peas next to climbing beans to improve the beans' chance of pollination.
2. Place a straw mulch under dwarf beans to keep the pods clean.
3. Pinch off the tips of the main stems of broad beans when the first pods have formed to quicken maturity and deter blackfly.

First stop for home-owners

The May International Algarve Fair at Fatacil Lagoa was the most successful to date.

Among many tributes received, Lagoa's Mayor said it was "extremely well organised and dynamic" and was a "good blend of various communities of different nationalities".

In the completed surveys, visitors told us they most enjoyed the entertainment and variety of activities, the little circus and music. They loved the crafts the variety of stands, the



show gardens, choice of restaurants and the 'kid's stuff'.

They enjoyed the cars, bikes, pet shop and various beauty treatments. Most said they just enjoyed everything and there were many comments about the atmosphere, the friendliness and warmth of the people.

Exhibitors were also asked to complete surveys and a massive 86.8% voted the fair a total success.

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Swift ways to jazz up an urban space



If you live in town and have a busy lifestyle but want to jazz up your small garden, BBC Gardeners' World presenter Joe Swift may have some solutions.

It doesn't have to cost a fortune to jazz up your urban outdoor space if it is looking a little tired and neglected, says Swift.

"I've worked on many garden makeover TV shows and, although they have received bad press for rushed work and a superficial approach, many of the quick fixes we used considerably improved the style and look of the gardens we worked on," he writes in his new book, *Joe's Urban Garden Handbook*.

So what can you do to give your garden a visual boost?

"Boundaries are really important," he notes. "If you have re-

ally ugly walls try and clad them or cover them with something such as plyboard, which you can paint, or screening, which comes on a roll.

"Cover up an unsightly boundary because it's the first thing that you see as you come out and it can be the most depressing and claustrophobic part of a small garden, where everything is at eye level."

Clean up old paving, walls and pots by hiring a pressure washer or if you can afford it, think about resurfacing, but consider the tones you are going to need, he advises. "In a small shady garden,

go for a lighter shade of sandstone or a lighter colour paving, mixed with light coloured aggregates to save yourself some money."

Lawns simply don't work in small, shady gardens, but if you have a big space and you want a lawn, think about edging it with timber to define it, which will instantly make the garden look tidier.

Paint is another option which, though once popular, is now underused.

"I use quite a lot of paint on boundaries, brickwork and walls," he says. "It's such an easy and cheap thing to do. If you have a dark shady garden look at lightening it up. Don't use pure white, which is quite a demanding colour. Look at natural tones of off white, creams, taupes or mushroom colours, which work well in shade."

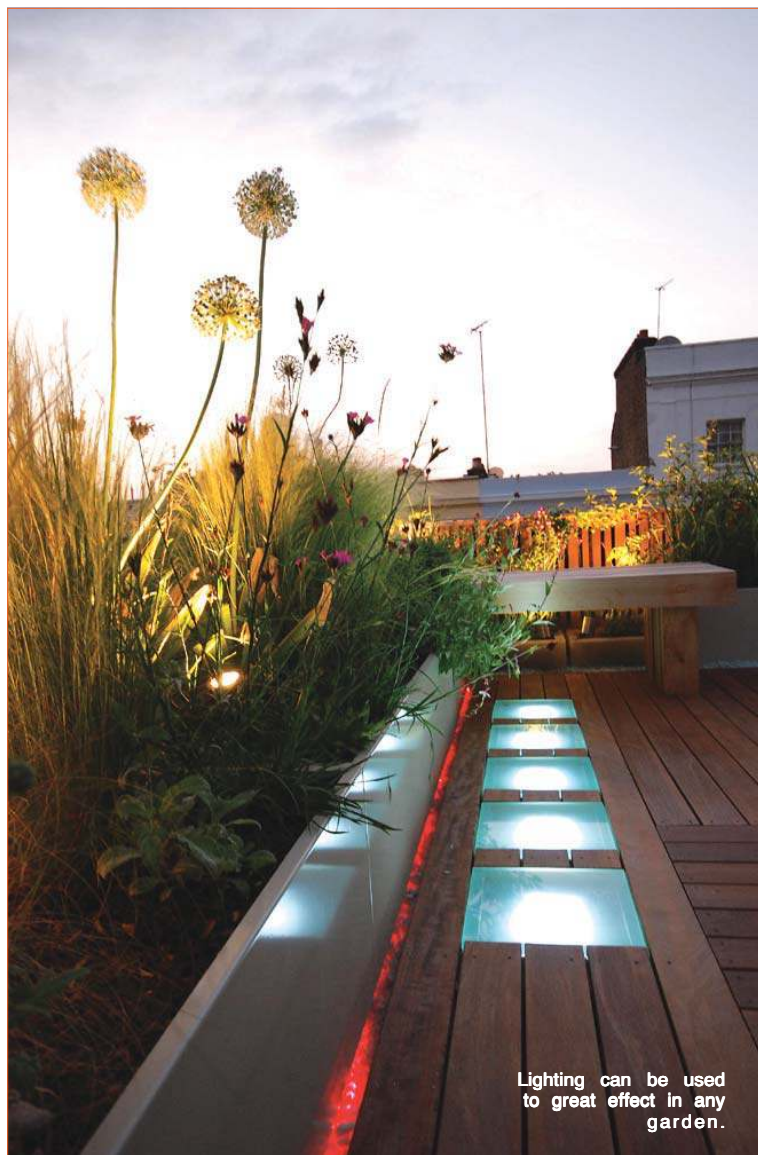
"The more light you have in your garden, the more daring you can be with colour, using terracottas, purples or reds to set off the plants and intensify the greens of any plants you put next to them."

Paint terracotta pots with masonry paint, using a maximum of two colours. "You can create a lot of visual impact in a weekend with a couple of pots of masonry paint," he says. "That means you might be left with a bit more money to spend on buying a few bigger plants, or some paving."

Don't feel limited to buying small plants just because you have a small space, he urges.

"People think, 'I've got a small space, so I'll put in a small plant' but actually the opposite is much more effective. If you have a small space put in a few large plants. If you like the architectural look there are some great palms and bamboos. *Trachycarpus fortunei* (the chusan palm) is great for creating a tropical look. Banana palms are not particularly expensive but very fast growing. They go up rather than across so in a small space you are getting a lot of height for your money."

"Box is also great, not just the rounded box. You can buy box cubes and quite funky, more contemporary shapes. You might look to get three and put them in a line to help break up a wall and create instant impact. Box will work in sun or shade, in a container or in the ground."



Lighting can be used to great effect in any garden.

Joe himself has a mixture of grasses and perennials in his own urban garden, which provide height, colour and movement. Late summer flowering perennials such as rudbeckias and scabious mix in beautifully with ornamental grasses, such as *miscanthus*, he says.

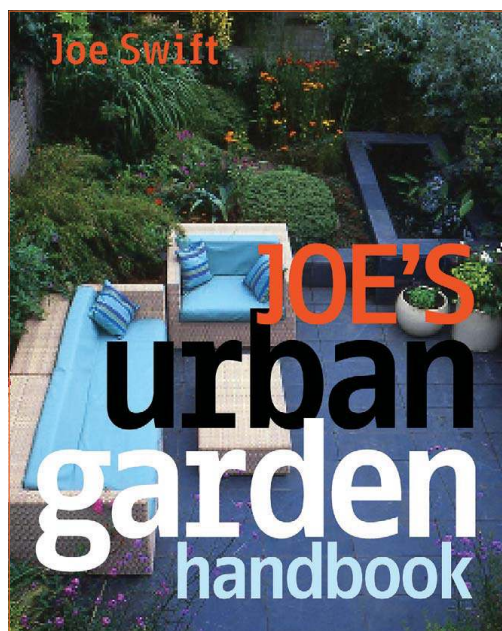
Scented plants also create a more sensuous effect on a summer garden. Plant lavender, thyme and slightly more adventurous plants such as citrus, whose scent will fill a small garden. Fragrant jasmines and honeysuckles can be grown up boundaries, which will also pro-

vide scent.

With a little imagination, your urban garden can quickly become a little piece of paradise.

Joe's Urban Garden Handbook, by Joe Swift, is published by Quadrille price £20/€25.

Hannah Stephenson



Three ways to...

Keep bamboos looking their best

1. Never cut them off at the top. It just makes them look like they've had a bad haircut and they'll never recover.
2. Give container-grown bamboos a regular liquid feed when watering or sprinkle slow-release fertiliser granules on to the surface of the compost.
3. Mulch newly-planted bamboos with compost or well-rotted manure, to conserve water in the ground and release nutrients as they break down. A three-inch layer of composted bark will feed a bamboo throughout the year. Alternatively, use dead bamboo leaves, which are an excellent mulch for bamboos.

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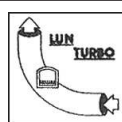
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Black and white rules:



Set the scene

The most versatile choice
is white walls, or one black
feature wall - in a glossy finish
this is dramatic. In general,
only the brave opt for all
black walls!

"Not so," says Anne
Thompson, owner of House
Couturier.

"Using very dark colours
can give a luxurious appearance
to a room. Rooms on a
smaller scale are great areas
to decorate with black and
white - then get a dramatic
effect with fabulous mirrors.

"I particularly like a flock
wallpaper in black with
white skirtings and ceiling,
or a black feature wall behind
a bed."

If that's not your thing,
she suggests featuring the
colour combination on the
floor.

"A black and white floor
can look dramatic. Whether
it's a painted wooden floor,
black and white vinyl tiles or
a carpet or rug maybe edged
with a fabulous black border
- the contrasting colours help
to set the scene."

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Fill the space

The strength of this look is that the simple contrast gives rooms a feeling of order and calm, so it's important that spaces aren't over-cluttered.

Select a few well-designed pieces of furniture, limit the selection of fabrics and accessories will bring the scheme to life.

Phil Kind, managing director of Sheerhome.co.uk, says: "I work with monochromes not because I know it's a fashion trend but because I believe a monochrome palette is best for the soul - well, the soul of your house! There's nothing to beat the elegant, chilled ef-

fect this colour scheme creates.

"Some people worry about it being a cold look but it needn't be if you use interesting monochrome prints or patterns on upholstered furniture."

Sheerhome's collection of monochrome homeware includes great statement pieces such as Bottna Double Tub Chairs, upholstered in a black and white fabric by renowned Finnish design house Marimekko.

Littlewoods Direct has two classics in its range - a Metropole high gloss sideboard (but be prepared to get handy with a screw-

driver) and its Madrid leather swivel chair. Both are available in either black or white. Team with its framed black and white Beatles photo, for a full-on retro look.

Other stores have caught the craze. Bhs' range includes pieces such as a black sideboard in the Maison collection, while you can create a snazzy dining room in an instant with Homebase's Samantha floral dining chairs.

But if expense is no object the DONO sofa, from Rolf Benz in white leather with walnut back rail, is a classy piece of monochrome kit.

Finishing touches

These are key to bring personality says Debbie McKeegan, creative director at Digetex, an interiors company with an impressive collection of monochrome in its wallcoverings, blinds and murals.

"Monochrome themes are elegant and timeless and will always be a designer classic," she says.

"Use contrasting scales and sizes in accessories to add drama

and mirrors to add illusion."

One of its most striking fabrics is Silhouette, a digitally-printed voile fabric with black chandeliers on a white background.

It's easy to let your imagination run wild with the abundance of accessories on offer in monochrome and the essential metallics.

Transform a bedroom with Bhs' toile-de-jouy style Etienne

collection, add a black chandelier, and a gold throw, and some Smarty vases.

B&Q's Arno glossy black or white table lamps are a bargain, as are its striking black and white photographic framed prints.

Take the style to the table with Homebase's floral Lotty 12-piece dinnerware set, or M&S's Ruby black and white stripe dinner set.

The Paris Collection Floral cushion, Matalasse Throw and Etienne Bed Set. www.bhs.co.uk.BHS' Maison collection Smarty vase and Bottle vase. www.bhs.co.uk.

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Climate Change: The Nature of the Evidence

If Hurricane Gustav had struck New Orleans with full force, what would that have told us about the scale and speed of climate change? If more of the sea-ice cover in the Arctic Ocean is lost in this year's summer melting season than last year (which was the worst on record), will that convince people that global warming is a real and present threat? What should people accept as evidence? And what will they accept in practice?

For scientists, the most persuasive evidence that global warming is happening faster than the models predict is the accelerating loss of Arctic sea-ice. The National Snow and Ice Data Center at the University of Colorado, which tracks the summer melt season each year, calculates that the loss of ice cover in the Arctic Ocean has already exceeded that of 2005, the second-worst year since observations began, and may surpass last year's record low.

This is not only bad news for polar bears, since an ice-covered Arctic Ocean reflects most incoming sunlight back into space while open water, being darker, absorbs most of the sun's heat instead. An ice-free Arctic Ocean changes the world's heat balance and causes faster warming.

In the last twenty years of the 20th century, the ice cover shrank each year from an average of 14 million square kilometres (5.4 million square miles) in late winter to about 7 million sq. km. (2.7 million sq.

mi.) in late September. Last year's low was only 4 million sq. km. (1.55 million sq. mi.), and this year looks likely to be about the same. This is the kind of evidence that grabs scientists by the throat -- but it barely gets anybody else's attention at all.

Only a couple of years ago, the climate models suggested that we might see a completely ice-free Arctic Ocean in late summer by 2040.

Now some experts are speculating that we might get there as soon as 2013.

But a thousand stories have been written about Hurricane Gustav for every one that is written about what is happening in the Arctic.

That's understandable, because not one in a thousand human beings has ever seen the



Gwynne Dyer.

Gwynne Dyer is a London based independent journalist whose articles are published in 45 countries.

His new book, "After Iraq", has just been published in London by Yale University Press.

Arctic Ocean close up. Nobody is being evacuated because of this accelerating disaster, and so the media virtually ignores it.

Whereas for a few days early this week, we were inundated with stories about the threat posed to New Orleans by Hurricane Gustav only three years after the city was devastated by Hurricane Katrina.

If you include all the "missing" people whose bodies were never found, about two and a half thousand Americans were killed by Katrina. The incompetence of the federal government's response made the event even more shocking to a nation that had come to think that this kind of natural disaster only happened to places like Honduras or Bangladesh, so it's not surprising that President Bush cancelled his planned speech at the Republican National Convention at the last minute. The last thing John McCain's campaign needed was a living reminder of that blunder.

However, the main impact of Katrina was to break a great many people out of their denial that climate change was a problem. The big shift in American public opinion over the following eighteen months owed much to Al Gore's film "An Inconvenient Truth," but for many Americans who would never believe a word Al Gore said, Katrina was the moment when the denial stopped.

Yet the truth is that Hurricane Katrina could have happened at any time in the past fifty years. In any of those years it would have produced the same results, assuming the same degree of human incompetence, because the flood defences of New Orleans had been inadequate for a long time. The climate change models predict more intense hurricanes, but not necessarily more of them -- and Katrina was only category three on a scale that goes up to five.

Katrina hit in just the right place, and exposed the vulnerability of New Orleans. Hurricane Gustav, another category three storm, missed it and struck less populated areas which, this time, had been mostly evacuated.

But if it had been Katrina II, it would have done more than a thousand stories about shifting rainfall patterns, acidifying oceans and melting ice to persuade people that climate change is a real threat to their well-being.

Even though it was just a hurricane, and may have had nothing to do with global warming.

The regrettable reality is that there will not be a critical mass



A house collapses on Lesseps Street at North Robertson in the Upper Ninth Ward area following Hurricane Gustav in New Orleans, Louisiana, USA, 1 September 2008. Earlier 1 September Hurricane Gustav, a downgraded category 2 storm, arrived at the largely evacuated Louisiana gulf coast region with heavy rainfalls, squalls and strong gale force winds. (Photo: LUSA/EPA/SKIP BOLEN)

of people willing to act decisively on cutting greenhouse gas emissions in the developed countries -- where most of the cuts must be made -- until some really big natural disaster kills a lot of people IN ONE OF THOSE COUNTRIES.

It doesn't necessarily have to be a disaster caused by climate change (although it probably

will be), because most people don't understand enough about the climate to know what is valid evidence for climate change and what is not. Katrina helped to move Americans from denial to acceptance that global warming is a problem, but it will take an even bigger disaster to persuade them to act decisively.

Obama to someone who is

deeply embedded in the conventional wisdom, this doesn't actually prove that Obama is too.

There is still room for suspicion that Barack Obama harbours a secret desire to lead American foreign policy in a quite different direction, away from the traditional great-power realpolitik and the occasional forays into liberal intervention-

ism. That would probably appeal to Biden, and it would horrify the rest of the Washington establishment.

Vice-presidents don't have a veto, so the choice of Biden poses no problem there. But the Washington establishment probably does have a veto, so whatever Obama intends, Biden will not be disappointed by the outcome.

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Literary Workshop with Buffet

'I've Lost the Plot' What is the plot? How do I devise it? How do I weave it?

Come and join us in the innovative workshop on the subject of 'plotting', the second in a series for interested writers in the Algarve.

It will be held this Sunday 7th September, 1pm - 4.30pm in Burgau. Maximum 10 people. Price €15.

Jan Russell, coach writer and tutor in creative writing will facilitate this participative workshop and offer the opportunity for tips, feedback, creativity and fun.

She will also feed you... ring Jan on 937 305 585, email: janiceinsight@gmail.com or visit www.janicecreativewriting.blogspot.com

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Friends of Cambodia Garden Party

The Friends of Cambodia are holding a Garden Party on September 26th, 2008 at Quinta dos Salicos, from 6pm - 9.30pm.

Guests can look forward to a fun evening of fashion and music in a beautiful garden setting.

The fashions will be presented by long term Dutch resident Jouk. She began her business selling antiques in England and then discovered she had a gift to dress people, helping them to look good and to change their personality, so she moved into fashion. She came to Portugal in 1985 and since then she has been known for the style that she brought to the Algarve.

Jean Pierre Braga is a professional musician from Switzerland, he is a composer registered with the French Composers association and has played in Europe, the USA and Japan, he plays all styles from Classic, jazz and pop. We look forward to enjoying listening and dancing to his music.

Please come and join us at this special event to help raise funds for deserving Cambodian children in need of education and healthcare.

Invitations available from the 'Baccus Café' at Porches Pottery and from 'Terra' the organic farm near Lagoa.

For more information: 282 343 446 (English) or 964 877 032 (Portuguese).
e-mail: friendsofcambodia@world.net.pt
www.friendsofcambodia.net

Algarve Bowlers drive forward with 1to1 car hire sponsorship

Bowls Algarve are thrilled to announce that their expanding Winter (Saturday) League competition is to be sponsored by the UK based car-hire group 1to1Car Hire. As well as providing prize funding, the sponsors are helping provide transport during the 'Algarve Royals' representatives tour to Edinburgh next month.

This year league competition starts on Saturday 11th October, soon after the return of the tourists and is competed for by members of the constituent clubs in Bowls Algarve.

Current title holders, Parque de Floresta's Crusaders, will be looking to defend their title amongst fierce competition from the 8 other teams already entered.

1to1 Car Hire's Overseas Sales Manager, Rob Gillespie, intimated that his company are excited to be involved with a high profile group representing the sport right across the region. For further details of their service, visit www.1car1.com/expat or phone +44 113 387 5865.

Bowling throughout the Algarve continues to grow year on year as more recently arrived ex-pat join with those long term resident in this competitive sporting environment.

With at least another 2 bowling greens planned to open in the coming years, the future looks bright indeed and, with the continued help of several regular sponsorships in major competitions, standards continue to rise.

The Bowls Algarve League runs through the winter until March.

Contact Connie Borrell on 964 444 452 email: hedges@sapo.pt for further information

The St. Andrew's Society (Eastern Algarve) Grand BBQ.

We would like to welcome you to the Grand 19th September BBQ. It will be held at the Museu São Brás at 7pm (for 7.30pm). Price €12 per person. For further details and to reserve your place, please contact David. Tel: 289 703 604 or Elspeth 915 547 621 e-mail: daveliz60@hotmail.com

St Andrew's society Beetle drive

The St. Andrew's Society of the Algarve, will be holding a Beetle Drive on Saturday 20th September at 7.00pm in the Vale do Milho Golf Clubhouse. Please contact Cathy on 919 635 246 for tickets for this very popular event.



East Algarve Walks

Every Tuesday Evening.

For more information call 913 595 868
brian@moonlightservices.eu
www.moonlightservices.eu

The Two Rivers & Vale de Lama

Saturday September 13

A fairly easy 2 hour walk along the banks of the Arade and Odelouca rivers and up to the top of Ilha Rosario for spectacular views over the countryside.

10.30am start - meet at the Mira Rio cafe on the Silves to Monchique road. Cross over the bridge into Silves, turn left and follow the road out for 5km, the cafe is on the left on a sharp bend (take care when turning).

Let's Walk from the top of the Algarve

Wednesday September 17 -

A 2 hour circular walk that starts at the highest point in the Algarve, Foia - moderately easy with a gentle climbs and awe inspiring views.

10.30 am start - meet at the cafe on the summit of Foia. From the A22 follow the road to Monchique and then follow the signs to Foia. At the summit there is a cafe, shop and plenty of parking.

All are very welcome to come along, there is no need to book just turn up at the starting point (all walks start on time so do not be late). There is a charge of 5 euro for each walk which includes a donation to charity.

Walk leader: Julie Statham (965 753 033).

Amigos do São Brás Quiz Night

The amigos do São Brás which is a registered charity (Nº542) hold their quiz on the first thursday of each month, at the village hall in Monte de Palhaeira retirement village in Gorjeos.

Follow the sign for St. Luke's church. All are welcome. Starts at 8pm. All proceeds go to the Bombeiros São Brás.

The 'Lion's' Charity

The Lions Clube de Loulé are pleased to announce that their next sale of nearly new clothes, linen, bric-a-brac, shoes and books will be held in Sunday September 21st. 09.30 - 12.00 at the Centro Comunitário, Almancil. Admission is free and refreshments are available. For more information ring 289 416 659.

Garden Day

All the fun of a Summer Fayre! Stalls, teas and competitions.

Casa Deva, Colegio near Bensafim on Saturday 13th September. 2.30pm - 5.30pm

Admission €5 includes refreshment.

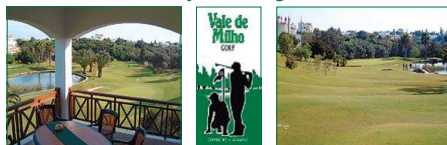
Directions: Take the Bensafim road from Lagos, turn left at the second sign to Colegio (balloons), follow that lane, under the motorway bridge, and Casa Deva is the second house on the left hand side.

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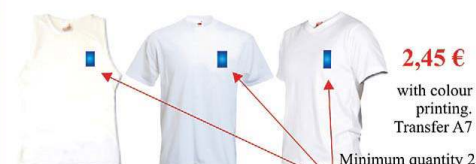
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Prawn Curry (Soneya Nu Saak)

"The flavour is complex, satisfying and special enough to serve to guests," Simon says.
"On such occasions, splash out and buy fresh jumbo king prawns."

(serves two with chapatis)

325g/11oz peeled cooked prawns (shrimp), thoroughly defrosted if frozen
3 tbsp groundnut (peanut) oil
1 small onion, very finely chopped
3 cloves garlic, crushed with 1/2 tsp salt
1/2 tsp Madras curry powder
1 tsp dhana jiru (available from Indian grocers and supermarkets, online or make your own following the recipe below)
1/2 tsp chilli powder
1/2 tsp turmeric
200ml/7 fl oz crushed canned plum tomatoes and juice (about half a can)
1 tbsp tomato puree (paste)
1/2 tsp finely-chopped coriander (cilantro) stems
1/2 tsp roughly-chopped or torn coriander (cilantro) leaves

First wash the prawns. Remove the dark vein running along the back of larger ones by making a light incision and scraping it away.

Dry the prawns, pressing them gently between sheets of kitchen paper to extract excess moisture. It is important to do this thoroughly; if the prawns are too wet, you'll end up with a rather sloppy result.

Once dry, bundle them up in some kitchen paper and place in a bowl in the fridge while you make the masala. Heat the oil in a medium-sized pan and fry the onion over a gentle heat until golden-brown (about 10 minutes).

Keep the heat lowish and stir regularly to cook the onion evenly. Don't be tempted to do this over a high heat to speed things up - the onion will burn, or

at least cook less evenly, and the resulting flavour just won't be as good.

When the onion is golden-brown, add the garlic paste and spices. Cook for a few seconds, then add three tablespoons of water and cook gently until reduced to a slushy paste. Add the tomatoes, tomato puree and coriander stems, increase the heat and simmer, stirring frequently, until the oil pools around the sides of the pan.

Add the prawns and cook gently for a few minutes until they are heated through (the size of prawns you have will dictate how long they need). Don't overdo it or the prawns will toughen. Serve immediately, sprinkled with the coriander leaves.



Mother-in-law knows best

Simon Daley got some mixed responses when he told people about his latest project.

"Working with your mother-in-law? No! Really, you're brave! You can have mine if you like..." Those were just a few of the reactions," Simon says with a smile as he recalls the good-humoured jibes when he announced he was teaming up to cook with his ma-in-law.

Despite risking making himself the butt of traditional jokes from pals, it seems that this particular son-in-law has had the last laugh.

Simon, a keen self-taught home cook and curry addict, fell in love with his Indian mother-in-law's cooking the first time they met 11 years ago.

Together they've now produced a book revealing her culinary secrets and irresistible dishes.

Cooking With My Indian Mother-In-Law includes traditional dishes inspired by his in-laws' Gujarati roots in India, influences from Islam and Africa and modern adaptations so the dishes are suitable for today's British cooks.

Simon, a 36-year-old art director, is lyrical about that initial meeting with Roshan - whom he calls 'Rose' - Hirani after being taken to her house by his then-girlfriend and now wife, Salima, 38.

"I'll never forget my first visit to Rose's house. She welcomed me into her home in the way she knew best - by offering good food. The moment I tasted her divine chicken curry I was in awe. Like any Brit, I knew and loved Indian food, but the food I tasted on that day was something beyond what I had come to expect. The flavours were cleaner, brighter, and yet despite its depth and savour, the food was somehow lighter than I had experienced before."

Over the years he and Rose, 63, slaved over a hot stove together, Simon faithfully recorded the exact ingredients and methods.

The book is a real family affair - Salima, an editor, took all the photographs while the other two worked away in the couple's east London kitchen.

"We got the idea for the book because traditionally these reci-



Simon Daley and his mother-in-law, Roshan Hirani from 'Cooking With My Indian Mother-In-Law' by Simon Daley with Roshan Hirani, photographs by Salima Hirani, published by Pavilion, priced £20 (£24.60). Available now.

pes have been passed from mothers to daughters over centuries," Simon explains.

"Nowadays modern Asian women are encouraged to have careers by their parents. It means that they have less time to spend learning the tried and tested techniques and methods handed down over generations."

"That's exactly the case with Salima who loves her mum's cooking but is so busy with her job and looking after our three-year-old son that she prefers to eat Indian food rather than make it!"

By collaborating on the book he, Rose and Salima hope that they have in some small part averted the danger of many Indian home cooking recipes being lost forever.

Rose, the eldest daughter of a large Indian family, cooked most of the meals from the age of 11.

"She's an instinctive cook who doesn't measure anything or work from recipes," Simon says.

"It's all in her head. She adapts and improves her food all the time and now tries to make her everyday recipes as healthy as possible, for example not using ghee (Indian butter) and switching to oils."

Simon has distilled her methods and knowledge and explains that the pair have done their best to make even the most elaborate dishes easy to prepare at home

without needing special equipment.

"We've included many simple, everyday dishes which people hanker after as well as some of the more elaborate, special occasion foods."

Soon Rose is moving from her own home in Wembley, London, to go and live with her daughter and son-in-law. It will be even easier for her to cook for the family and make what Simon calls her legendary chapatis ("light and fluffy as breeze-blown pillowcases") and of course those divine curries.

Their book features more than 100 recipes from classic dishes such as Tandoori Chicken, Chicken Biriani, and Samosas to unusual regional specialties such

as Stuffed Chillies and Savoury Vegetable Cake. There are also recipes for chutneys, pickles and relishes, snacks, savouries, drinks and sweets.

Simon recommends one of his favourites, Prawn Curry (Soneya Nu Saak), to even the most hardened of takeaway fans.

"It's so quickly rustled up, it feels like convenience food and it's wonderful even if you use frozen prawns."

"This punchy, deliciously spicy curry is a regular treat in our house and in fact is the jewel in the crown of our store cupboard standbys. With a bag of prawns in the freezer, you can make a curry quicker than you can say 'takeaway menu'."

Gabrielle Fagan

Dhana Jiru

"Don't be tempted to mix ready-ground spices to make dhana jiru. It just doesn't taste the same and believe me, I've tried it," Simon says.

For 560g/1 lb 4oz
350g/12oz coriander seeds
225g/8oz cumin seeds.
Preheat your oven to 180C/350F/gas mark 4.

Scatter the seeds on a baking tray then put the tray into the hot oven. Roast the spices for five minutes (use a timer if you're likely to forget).

Remove the tray from the oven and allow the spices to cool completely. Grind to a fine powder in small batches using either a coffee grinder or spice mill.

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How to get perma-tan perfection

Keep your summer glow for longer with our body buffing tips.

When summer is drawing to a close, post-holiday blues aren't the only downside for sunseekers. Once the sunshine starts fading, your healthy golden glow may be fast disappearing along with your care-free smile.

Those hours invested in slapping on the SPF and basking in the rays may have given you an enviable colour, but like your holiday, it doesn't last forever.

"The length of time a tan will last is generally dependant on age and how you look after your skin," says Caroline Young, director of training at St Tropez.

"On normal skin a natural tan will last for around a month but on older or severely-dehydrated skin it lasts for around six weeks."

Upping your tan maintenance routine will help your suntan stick around for longer and improve the appearance of your skin.

So lose the holiday blues, but keep that bronzed glow. Here's how.

Lisa Haynes



After-sun SOS

On holiday or embracing a rare at-home heatwave? If you've been busy sunbaking - safely of course - it's possible to buy after-suns which contain low levels of self-tanner to immediately top up a tan.

"Gradual tanners can also be used as after-suns," says Dove beauty expert John Gustafson.

"Not only will you get vital moisture back into the skin but also the self-tan will boost the colour you got from the day's exposure."

But if you have barrels of moisturiser hanging around your bathroom, it's possible to create your own tan-transforming after-sun by mixing half moisturiser and half self tanner.

Try: L'Oréal Solar Expertise Tan Intensifier; Nivea Aftersun Tan Prolonging Lotion; Bergasol After Sun Tan Extender (All available from Boots).

L'Oréal Solar Expertise Tan Intensifier

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The Body Shop Smooth and Renew Body Loofah Mitt

Body buffing

You might think exfoliation would be the last thing you do when you've got a golden glow. But buffing your body regularly with a scrub will revitalise even the most barely-there glow.

"Exfoliate 2-3 times a week as part of your regular body care routine," Caroline says.

Exfoliating removes dead cells which have been burnt by exposure to the sun. Because

gentle exfoliation provides the skin with oxygen and encourages a rise in melanin it makes your existing tan look 'shinier' and healthier.

Try: Sunspa Exfoliating Wipes, (www.sunspa-tanning.co.uk); The Body Shop Smooth & Renew Body Loofah Mitt; Crabtree & Evelyn Aromatherapy Distillations Cleansing Body polisher, (www.crabtree-evelyn.co.uk).

Crabtree & Evelyn
Aromatherapy Distillations
Cleansing Body polisher,
(www.crabtree-evelyn.co.uk)



Lush King of Skin solid body moisturiser, (www.lush.co.uk)

Fading Fast

If you want to keep a tan, real or fake, moisturising needs to go top of your beauty-must list. Doing this religiously twice a day will help prolong a fast-fading suntan.

The more you moisturise your skin, the more your cells will be drenched in water so your skin will stay bronzed for longer. What you eat and drink can also effect the longevity and look of your tan, according to Caroline: "The best advice is to keep the skin well-fed and hydrated inside and out, so drink plenty of water and eat well," she says.

Try: Lush King of Skin solid body moisturiser, (www.lush.co.uk); Givenchy No Complex Skin Softening Intensive Moisturiser; Primavera Bronzing Treatment Capsules, (www.primavera-life.co.uk); Boots No7 Toning Tan Maintainer.



Instant Glow

If it's all too late and your holiday glow has long gone, then just fake it. Gradual tanners are a great way to get a subtle sun-kissed look that will appear super-natural if applied the right way.

John Gustafson has these top tips for application:

- Certain areas need special attention as they are exposed all four seasons. Your neck and throat area, upper chest, and hands are often the most likely spots to be missed when applying self-tan.

- If you have any dry patchy areas, try to sort the problem out before you begin regular self-tanning. Dry patches will absorb product much more quickly and cause colour to develop unevenly.

- Apply in long sweeping movements and wash hands after use.

Try: St Tropez Everyday Body, (www.st-tropez.co.uk); Rodial Brazilian Tan Daily, (www.rodial.co.uk); Dove Summer Glow Beauty Body Lotion + Soft Shimmer.

A woman applying lotion to maintain her tan.

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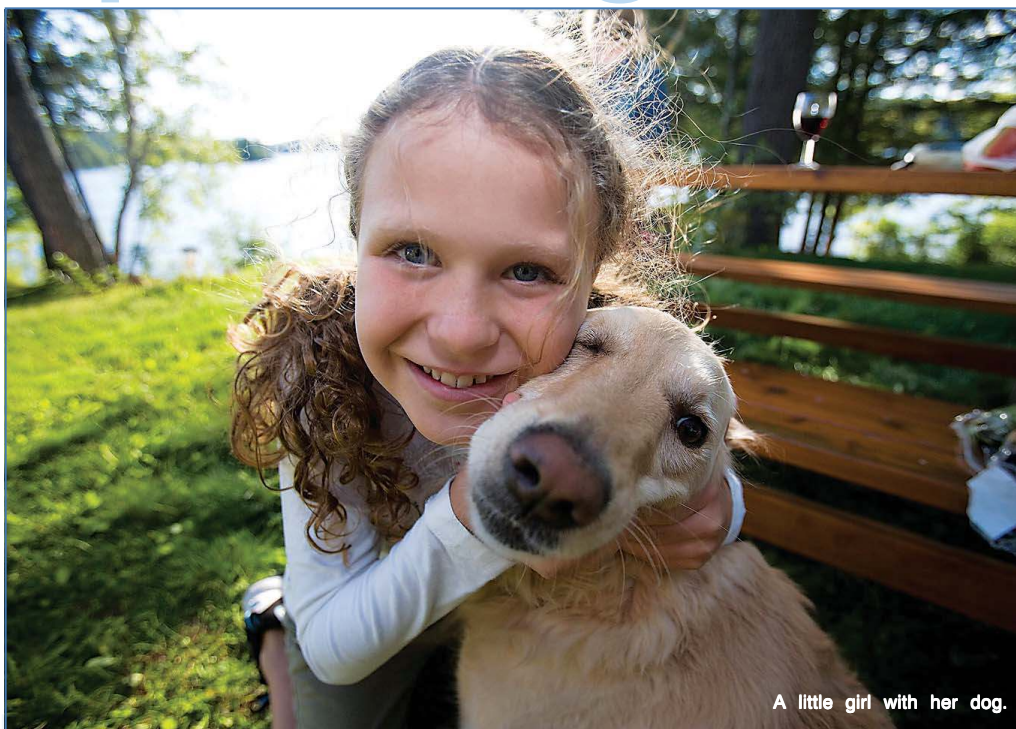
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A little girl with her dog.

When is my child ready...

to walk the dog alone?

Some experts think children under 10 shouldn't walk the family dog alone. The reasons being that too many things can happen with the dog for a younger child. At times they need to act quickly and decide what to do, act responsibly in cleaning up dog mess, and have the maturity to be able to deal with problems such as dog fights. The size of the dog and the child is also a factor. When a dog is larger than one fifth the size of the child, the weight ratio may be too much for the child to handle alone, particularly if the dog pulls.

Three ways to...

tell your child may not really be ill.

1. They're well enough to watch TV, and while they refuse dinner they still want sweets and cakes.
2. They have a test at school they haven't prepared for.
3. They're suddenly feeling much better when it's time to do something they like.

Readers Tip

Take away a few of your child's favourite toys a few weeks before you go on a long trip with her, and then keep her entertained by introducing them one at a time while you're travelling.

Ask the expert

My daughter is about to get her GCSE results, but has no idea what she wants to do. How can I help her find some sort of direction?"

A: Liz Crick, a personal careers adviser at igen (Leeds Careers), says: "Has your daughter had a careers interview at school or in the local Connexions Centre with a careers/personal adviser yet?"

"This will give her an opportunity to explore all the options available, including staying at school, going to a local college, applying for an apprenticeship or employment.

"There are different types of qualifications available depending on your daughter's GCSE results, her interests and the style of learning she prefers. For example, a BTEC National Diploma would offer her a chance to study a job-related subject (business, health & social care etc), and successful completion of the course would be the equivalent of three A-levels, allowing progression to higher education or employment.

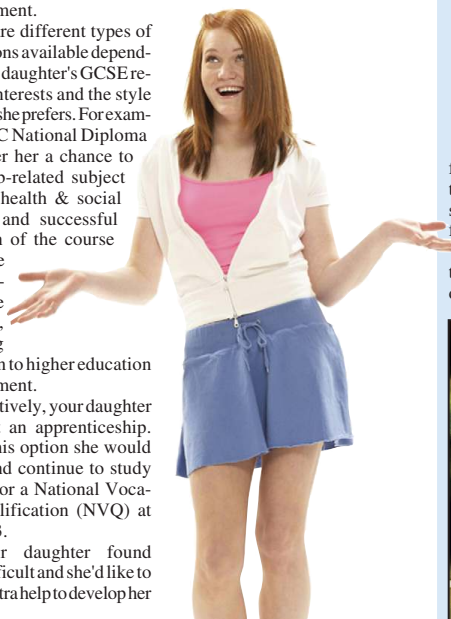
"Alternatively, your daughter could start an apprenticeship. Through this option she would get paid and continue to study part-time for a National Vocational Qualification (NVQ) at Level 2 or 3.

"If your daughter found GCSEs difficult and she'd like to get some extra help to develop her

skills, she could consider Entry to Employment (e2e).

"Her careers/personal adviser will be able to tell her more about all of these options and help her decide which is the most suitable path for her."

Visit www.connexions-direct.com to find contact details for your local Connexions Centre.



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News for parents

Lisa Salmon looks at the weird, wonderful and sometimes weary world of parenting.

A third of parents feel unable to help their children with maths homework.

A new survey found more than 15% of mothers and 10% of fathers have little or no confidence in their ability to help when it comes to the subject.

The study, commissioned by high street bank Abbey, found that those older than 55 were the most likely to feel

confident in their skills (74%) compared with 43% of 18 to 24-year-olds, and 45% of 25 to 34-year-olds.

Let's face it, it's hard enough to balance the family books without mums and dads trying to get their heads around algebra and calculus as well.



A parent trying to help his son with his maths homework. (Photos: Press Association)

Parents are shunning some old British names for their babies, favouring celebrity names rather than traditional ones such as Gertrude and Norman.

Names like Edna, Ethel, Walter and Percy are plummeting in popularity and have almost died out, research for www.gurgle.com found.

But William and Elizabeth continue to be popular, proving that a royal connection is worth having whatever century a baby's born in.

Children who perform badly at school are more likely to have been affected by the food they ate in their early years rather than what they had for lunch, new research has revealed.

Children who ate a junk food diet when they were three made less progress at school, the university study found.

They were 10% less likely to achieve the expected levels of improvement between the

ages of six (Key Stage one) and ten (Key Stage two) compared with other children.

The junk food kids are obviously too busy thinking about their next burger to worry about doing well at school.



A little girl eating junk food

Don't forget the importance of your other half

Following a new report which claims that having a long-term partner can halve your risk of Alzheimer's, we look at the health pros and cons of single versus married life.

They say everything in life has its price. While some of us may savour being a single, free spirit at 40, experts now claim that an independent lifestyle and solitary mind could increase your risk of becoming senile in later life.

According to latest research, people who are unmarried or not living with a partner in mid-life could have an increased risk of developing Alzheimer's disease. A new study by the Karolinska Institute shows that

people who are married or living with a significant other have 50% less chance of being affected by dementia than those living alone.

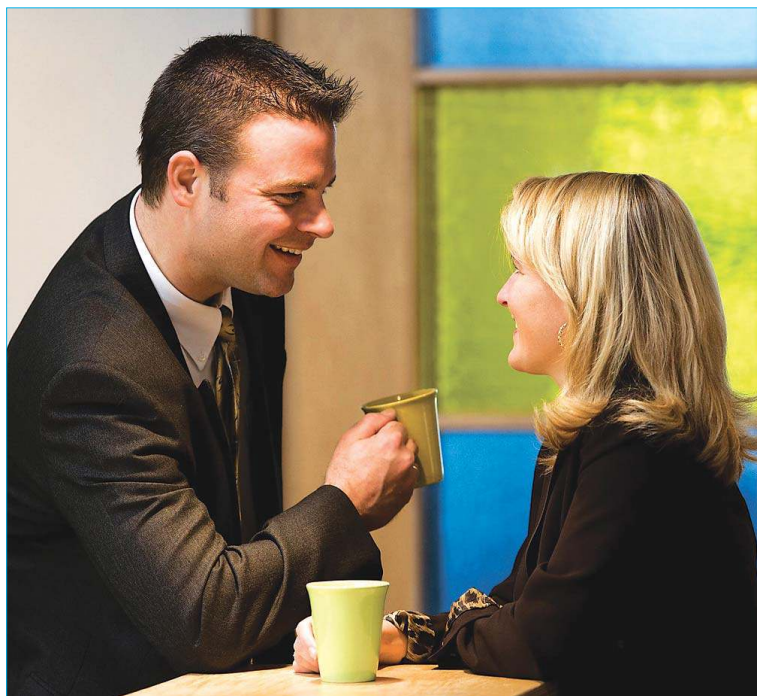
Researchers in Stockholm also found there were differences between groups of people who had been living on their own for different reasons.

Key findings indicate that living with a partner in mid-life makes you significantly less likely to show cognitive impairment compared to all other cat-

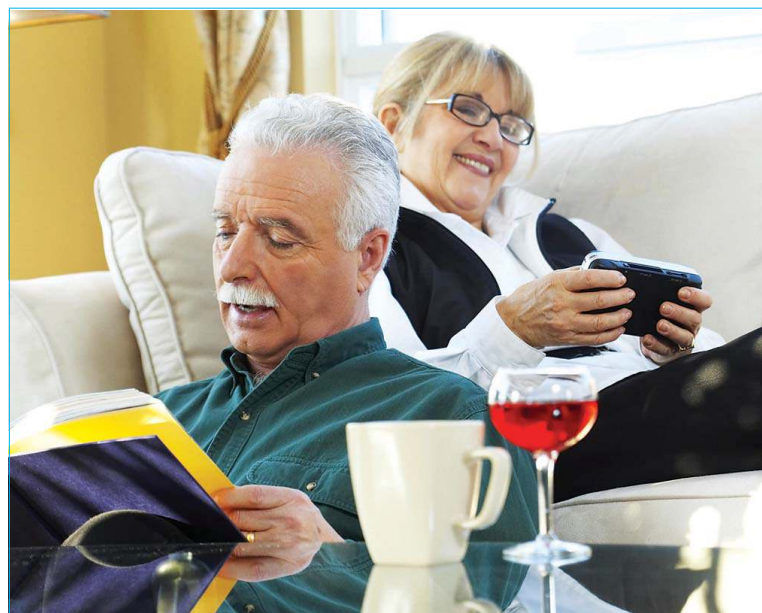
egories - single, separated, divorced or widowed.

Life-long singletons had a double risk of contracting the disease. Divorcees who stayed single from mid-life onwards had a triple risk. And most dramatically, people who were widowed before mid-life and remained alone had a six times higher risk of developing Alzheimer's compared to those who remained married from mid-life.

Alzheimer's is the most common cause of dementia, afflict-



Single people spend twice as much time undergoing treatment in hospital.



It's not a myth - marriage is a medicine. A healthier lifestyle and personal wellbeing means you're more likely to live longer.

ping the question and running up the aisle.

"The best evidence is around eating a Mediterranean diet, exercising regularly and not smoking," Sorresen says.

According to a recent report in the medical journal *Neurology*, eating fish three times a week may lead to a reduction in harmful brain lesions that can trigger Alzheimer's disease and stroke by up to 25%. Britons are already advised to eat fish at least twice a week, including one portion of oily fish.

Whether you're single or married, the experts advise staying clear of the local chippie and filling your shopping basket with tuna, salmon, mackerel and sardines which are all high in omega-3 fatty acids.

SEVEN HEALTHY REASONS TO BE MARRIED

Cont'd. over ...

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ing more than 700,000 people in Britain. To reduce the risk, research suggests that maintaining regular social interaction can contribute to maintaining brain health as we age - and possibly decrease the chance of developing the disease.

"Some evidence suggests remaining socially active may reduce your risk of dementia and living with someone is certainly a good way of increasing social interaction," Dr. Susanne Sorensen from the Alzheimer's Society says. "However, there are many other lifestyle factors associated with being married that may help reduce your risk of dementia, whether it's reaching for the vacuum cleaner or going for long romantic walks."

The Society also says free-spirited singletons shouldn't worry as there are many other ways to reduce your risk of dementia that don't involve pop-



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It's not a myth - marriage is a medicine. A healthier lifestyle and personal wellbeing means you're more likely to live longer. Married men have a longer life expectancy than single men and

both of you can save on your medical bills. Single people spend twice as much time undergoing treatment in hospital.

It's an accepted fact that after



Life-long singletons have a double risk of contracting Alzheimer's disease, and divorcees who stay single from mid-life onwards had a triple risk.

time, love-making can become routine. But you probably have a far more fulfilling and better sex life than most of your single friends!

Bad day in the office darling? Being in a loving relationship makes it easier to cope with the strains of working life. People who are in long-term relationships are more laid-back and less stressed.

You probably spend less time at the pub. Being respectful to your significant other means you're more likely to cut back on the booze and smoke less. Single men are more than three times as likely to die of cirrhosis of the liver than married men.

Contentment has its rewards - thanks to elevated feelings of overall happiness, happily married adults have lower blood pressure than singletons or couples in unhappy relationships.

When did you last suffer from a cold? Married people tend to

have stronger immune systems and are less likely to catch colds and develop other illnesses like headaches and back pain.

Married men and women have lower suicide rates. A meaningful social network of friends and relatives gives people a sense of personal value and a feeling of responsibility to others.

SEVEN HEALTHY REASONS TO BE SINGLE

What better social interaction is there than flirting? Being single gives you the complete freedom to flirt with whoever you want, whenever you want.

A constant companion at dinner is a dead cert for piling on the pounds. Singletons stay slimmer, especially women. Let's face it, you have more motivation and can't afford to 'let yourself go' in case Mr or Miss Right suddenly turn up.

You have more time for activities. No one's stopping you from going for a cycle ride



While some of us may savour being a single, free spirit at 40, experts now claim that an independent lifestyle and solitary mind could increase your risk of becoming senile in later life.

in the park on a Sunday morning, spending a weekend at a yoga retreat or pumping iron in the gym as often as you want.

Relationships are synonymous with compromise. Eventually you will have to sacrifice something you really like - facials and body treatments or footie nights with the boys. Enjoy being single and treating yourself. Selfishness can sometimes be good for the soul. You can get a good night's sleep - and go to bed when you like. Who wants to be woken up by heavy snoring or constant trips to the bathroom in the

middle of the night?

Being single means you can be spontaneous and adventurous. Life experiences like travelling alone or taking in a show will boost your confidence and give you greater self-esteem than some of your married friends.

Tired, irritable and depressed? You can have PMT as bad as you want without having to explain anything.

Enjoy the peacefulness of your own mind and relish the calm that comes from solitude, with no one nagging at you, criticising you or finding fault.

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According to the British Heart Foundation, 20% of people in the UK who have dementia have vascular dementia. Keeping the risks low for that will also reduce your risk of developing other diseases of the heart and circulation.

The BHF have the following tips to boost heart health:

- :: Stop smoking, or at least cut back.
- :: Eat a diet low in saturated fat - cut back on hard cheese, fatty meat, biscuits, cakes and high-fat dairy products.
- :: Keep to a healthy weight - healthy BMI below 25.
- :: Be physically active - that means 30 minutes of activity (brisk walking etc) five times a week.
- :: Make sure you have a test for diabetes if you have problems with frequent urination or thirst, if you have a family history of the illness, have a South Asian background or an apple-shaped body.
- :: Have a cholesterol test if you have a history of high cholesterol in your family. Eat at least five portions of fruit and veg a day to improve your good cholesterol.

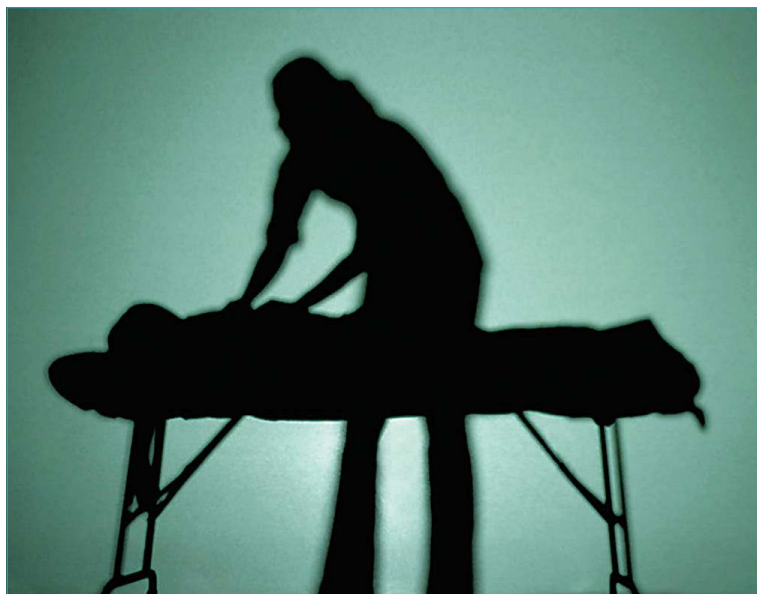
10 WARNING SIGNS OF ALZHEIMER'S

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- :: Misplacing things
- :: Changes in mood or behaviour
- :: Changes in personality
- :: Loss of initiative

«» For advice on coping with dementia or Alzheimer's, contact the UK Alzheimer's Society Dementia Helpline (00 44 (0)845 300 0336) or go online to: www.alzheimers.org.uk

Sam Wylie-Harris

All in the name of beauty?



Your regular half leg wax, facial or eyelash tint shouldn't be as risky as walking through an explosives junkyard.

However, with unexperienced (sometimes unqualified) one-day-trained therapists offering all manner of treatments, you may not always be entirely happy with the results. Years ago it was young girls leaving school and perusing a career in beauty therapy through thorough 2-3 year NVQ courses that would be the ones to be carrying out your beauty treatments. Not anymore - now it seems that just about anybody can become a beauty therapist, trained or not! So what's changed?

Six years ago when I began training there was a demand for therapists. More and more people realised the benefits of regular treatments which meant that Salons, Spas, Cruise Ships, Hotels and Hairdressers needed more and more therapists. NVQ courses covered the whole range of beauty treatments and took 2-3 years, too long for people that wanted to make money quickly

plus, employers often want therapist to specialise in a particular area, so doing an full beauty course wasn't always required. What happened? College's started to listen to what employers wanted, therapists, and quickly. So college courses were cut down, you no longer needed to take NVQ Level 1, 2 and 3. You could pick certain area's to do, just manicures or just pedicures. This also gave rise to many private colleges running day courses. These colleges and 'training establishments' enticed students in by demonstrating how much money they could make, they did this by suggesting that once trained a student could leave college and start as a mobile therapist and make up to €49 an hour. This led to an increase in a much

older group or potential therapists enrolling as students, beauty therapy, for many, seemed like the perfect way to earn a little extra pocket money.

Why this affects you

Quite simply, therapists that train in only one area on a short course, in my opinion, aren't trained well enough. They have little or no experience with working on 'real' clients and their knowledge of anatomy and physiology is seriously lacking and in some cases, nonexistent! In my opinion therapists who become self employed immediately after a short course can be a danger to clients. Because they have no experience.

After my training what I valued most was that I worked for a huge health farm with up to 60 therapists, if I was unsure of anything or if something went wrong I learnt how to deal with it by the fact that I could ask a therapist that was

more experienced than myself. If you head out on your own straight away, how are you going to deal with something that goes wrong (it didn't happen when you were on your course - so you don't know how to deal with it)?

How can you protect yourself?

There are many ways that you can assess and make sure that your therapist is a good one. I'm not saying that only therapists that have done a full beauty course are the one's you should go to, but certificates showing qualifications in all area's of beauty show that they have done a lengthy and intense course which will have covered all area's of health and safety, hygiene, anatomy and physiology, consultations and aftercare. Qualifications from smaller, private colleges are fine as long as they have another certificate showing that they have studied the basics with another examining body.

For example, I have a certificate in Stress Massage from a private college, but in this course I wasn't studying massage (I'd already completed an ITEC course in massage) what I was learning on the Stress Massage course was a new technique. ITEC and VCTC therapists will be well trained, and will have to have an extensive knowledge of their area before they will have been able to pass their exams. Both of these examining bodies carry out practical and theoretical exams so anyone that isn't good enough is easily spotted.

When it comes to facials and body treatments, if you go to a therapist who can prove that they are an authorised stockist of a professional brand, you know that you are in safe hands. Authorised stockists of brands such as Dermalogica, Elemis, Decleor etc will have been on further training with their product suppliers. Dermalogica wouldn't stock any-

one that didn't live up to or meet their high standards in product and treatment knowledge.

Your check list

1. Consultation When you go to a new therapist for the first time, regardless of the treatment that you are having, you must fill out a consultation form. Ask yourself this - if you don't complete a consultation form how does the therapist know what medication you are on, if you are pregnant, if you have any allergies, if you have had any recent surgery or if you have high blood pressure? All things that a therapist must know before carrying out a treatment.

2. Patch Tests If you have an eyelash tint somewhere new or if you have your first eyelash tint, you must have a patch test at least 8hrs before your treatment. If you don't you could react to the tint and as this is so close to the eye's it can be incredibly dangerous.

3. Sterilisation If you are having a manicure or pedicure all implements need to be sterilised properly. Look for a small jar of blue liquid, this is barbicide and is the correct way of keeping nail clippers, cuticle nippers and tweezers sterilised.

4. Aftercare Your therapist should always give you aftercare advice and be able to answer any questions that you have. You will be able to judge how knowledgeable your therapist is from the responses she gives to any questions that you have.

5. If in doubt ask to see certificates. Many therapists won't agree with this, but if at any time I feel that I client is unsure about qualifications I offer to show them my certificates. Seeing certificates especially Internationally recognised ones such as ITEC or VCTC will put your mind at rest, you'll be in safe hands.

6. Trust your instincts If you're not sure about a salon, spa, hairdresser trust your instinct and don't go. You may just save yourself from a nasty experience, an allergic reaction or maybe even a fungal infection.

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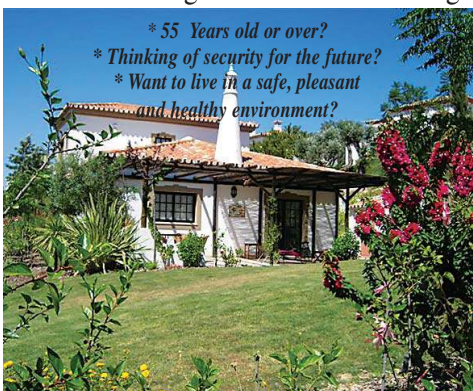
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Try Jersey for size, says yachswoman Dee

Top yachswoman Dee Caffari finds a slice of Jersey life puts the wind back in her sails

To put it mildly, life got a bit frantic after I became the first woman to sail single-handedly non-stop around the world 'the wrong way' - west against the prevailing winds and currents. With little sign of a let-up ahead of my entry in the 2008 Vendee Globe, I decided that hard work can take its toll even on sturdy seafarers. A weekend away

sounded the ideal cure - preferably something that didn't involve getting on a plane. So that's how Jersey came into the frame.

I have plenty of happy childhood memories of the place, but I was initially hesitant. I wasn't quite sure I wanted a 'bucket and spade' weekend break. However, Jersey is right on the UK's doorstep and I could even get

there by sea. When I asked to take my bike too, that wasn't a problem either on the fast ferry from Poole in Dorset.

My partner and I booked into one of Jersey's most famous hotels, the Pomme d'Or, located in the centre of St Helier overlooking Liberation Square. The relaxed, friendly and efficient staff made us very welcome and prom-

ised to help with all we needed over the weekend.

Still feeling slightly under the weather, we spent our first day gently cycling along the South Coast - on a brilliantly bright day which emphasised the fact that Jersey is indeed the sunniest spot in the British Isles.

First we headed to the west of St Helier, then over to the south easterly corner and to La Rocque Harbour. Here it was clear to see how Jersey, standing at 45 square miles in area, can almost double in size at low water. The endless rocks lay soaking up the sunshine, allowing the local children to explore the exposed rock pools while parents kept a watchful eye out for the tide.

We were even able to find hidden coves, such as Robin Bay, a golden sandy inlet sheltered from the wind, creating a complete suntrap and at last I started to feel human again.

Feeling significantly better from the exercise, we indulged in one of Jersey's two Michelin-star restaurants - Bohemia, situated at The Club Hotel where we



Record breaking yachswoman Dee Caffari.



Kayaking.

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were welcomed by a warm, relaxed atmosphere. The Shaun Rankin menu uses entirely local produce and the staff took time to explain all the dishes, even giving suggestions for the most suitable wine to accompany our food. The ambience and service complemented the exquisite food; it was relaxed and unpretentious - just great.

An early night prompted us to get up before the sun and head along the East Coast to St Catherine's Bay for the Jersey

Challenge. When we found this annual event coincided with our visit, we immediately signed up for it. I looked forward to taking part in the three disciplines of kayaking, cycling and running in such a lovely setting.

But first, we watched the sun rise over the nearby French coast, which was truly magnificent - one of those sights of utter beauty that must move anyone fortunate enough to see it. We began the Challenge amongst some 40 or so teams with a kayak paddle across

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the bay. Fortunately, since we all got drenched, the water was a warm 19 degrees even in autumn and it would have been just as pleasant to swim the course.

After the kayak we put our soggy bottoms onto our bicycles and endured the steep hills - a small price to pay for the outstanding views we enjoyed once we reached each summit. The final stage of the challenge was a run in the stunning setting of St Catherine's Woods. We used stepping-stones to cross streams, ducked under boughs, and were thrilled by the aroma of wild lavender.

At the end of all that exercise we enjoyed some local fish and Jersey dairy ice cream with no guilt at all. In fact, for someone like me who spends her working life eating freeze-dried food at sea, the variety of food and fantastic fresh produce available left me spoilt for choice.

We visited during the autumn and even at this time of year Jersey has an ingenious way of enabling its residents and visitors to enjoy its culinary delights to the full. The Tennerfest is a festival taking place annually from October through to the middle of November, with over 110 restaur-

ants offering lunch and dinner menus from just £10/€12.35 per person.

After our busy morning and delicious lunch, we treated ourselves to another of Jersey's hidden secrets, a visit to a state of the art luxury spa. Spa Sirene, at The Royal Yacht Hotel in St Helier, is a stylish and relaxing haven that offers an array of packages and treatments for him and her as well as a vitality pool and thermal couches. Our 'One of a Kind' massage was relaxation supreme; a wondrous stress-busting experience which left us both feeling pampered to perfection.

Considering our visit had originally been planned as a convenient weekend break close to home, the range of Jersey's attractions far surpassed my expectations. We discovered manicured gardens nestling in beautiful rural landscapes, countless gourmet delights and enough activities to keep the most adventurous person busy.

The long stretches of beach and endless cycle routes amongst the green lanes gave just a taste of the huge amount on offer in Jersey - and allowed us the excuse to rejuvenate tired limbs in indulgent pampering spas. At times,

it felt like the best of the West Country coupled with the cosmopolitan atmosphere of France.

I was feeling invigorated and energised by the time we headed home. Jersey was stunning and makes an ideal weekend recovery break any time of the year. Why jet to Eastern Europe or the Med after all - when there is so much to enjoy right here on your own doorstep?

TRAVEL FACTS

A day return ferry ticket with Condor Ferries from Weymouth or Portsmouth as a foot passenger starts at £26.50/€33, with bike taken at no extra cost. Period returns start at £91/€112. To book tel. 00 44 (0)1305 761551 or go to: www.condorferries.com.

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For more information on Jersey visit www.jersey.com or call 00 44 (0)1534 448800



La Rocque Harbour, Jersey.

Dee Caffari's new book, *Against the Flow*, about her record-breaking trip round the world, costs £16.99/€21. Special offer price £13.99/€17.26 (plus p&p) is available on quoting offer code GLR S02 with orders to

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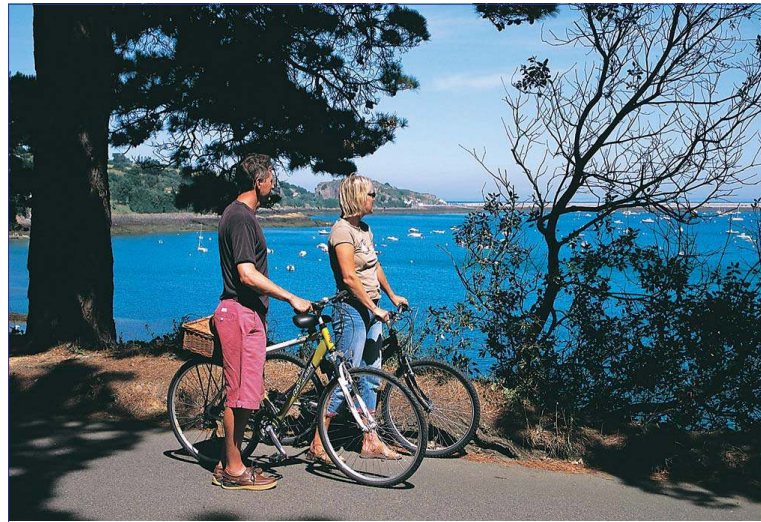
∴ The Jersey Challenge is a triathlon, involving sea kayaking, cycling and running with an option of a long or short course.

Participants must start and finish as a pair, although anyone can enter. It takes place towards the end of September annually. Check www.jersey.com/events for more information over the summer.

Dee Caffari



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Looking over St. Catherine's Bay.

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Events on these pages are published in good faith and in accordance with information given to us. We regret that we cannot accept responsibility for

MUSIC FESTIVALS

SEPTEMBER

Caos Emergente – September 12th – 14th at Paredes (Recarei). Further info TBA.

Albufeira Jazz Festival – September 11-13 at Municipal Auditorium at 21h30. Call 289599500

Quarteira Rock Fest – September 19 at the Eastern Promenade, 21h30

Portugal Jazz Festival by Carlos Barreto Trio – September

Portugal Jazz Festival by Carlos Barreto Trio – September 20 at Lagoa Municipal Auditorium at 21h30. Tickets: €5



Jazz no Hotel/Orq. Jazz Lagos – September 8 at Hotel D. Filipa (Vale do Lobo) at 20h30

20 at Lagoa Municipal Auditorium at 21h30. Tickets: €5

Jazz no Hotel/Orq. Jazz Lagos – September 8 at Hotel D. Filipa (Vale do Lobo) at 20h30. Call 913 469 025

Music Nights at the Convent '50 Years of Bossa Nova' – Convent S. José in Lagoa. Free Entrance

Jazz com Todos – September 19 at Centro Cultural de Lagos at 21h30. Call 913 469 025

BOOK REVIEW

Poppyland by Raffaella Barker

This new fiction book is published in hardback by Headline Review. Available now.

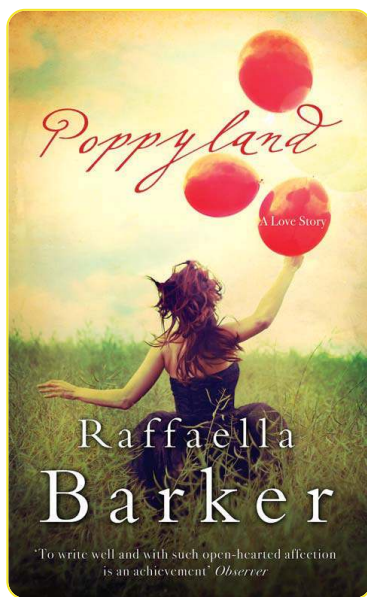
Grace lives in New York and works as an artist, spending most of her time creating her pieces in an old warehouse she uses as a studio. After winning a prestigious award she is given the chance to display her work in Denmark.

On the opening night she slides out of the building unnoticed to get some fresh air and has a chance meeting with a man on the waterfront. It's love at first sight for both, but the man, Ryder, disappears from her life as quickly as he came into it.

Five years later Grace is in a dead-end relationship and dealing with family dynamics, while Ryder is still mourning his dead sister and flitting in and out of non-committal

relationships. Can they find their way back to one another? Poppyland is a readable love story with some flashes of brilliance. It's fairly predictable, but still remains entertaining.

6/10
(Review by Caroline Davison)



Sheila Jordan Quartet in concert on World Music Day – October 1 at the Small Auditorium (Sala Eduardo Prado Coelho) of Belém Cultural Centre in Lisbon.

Jazz by Orq. Jorge Costa Pinto with Hugo Chavez – September 20 at Casino da Póvoa, Póvoa de Varzim. Call 913 469 025

Concert by Divino Suspiro – September 28 at the Small Auditorium (Sala Eduardo Prado Coelho) of Belém Cultural Centre in Lisbon at 19h00. Tickets: 15 & 12.5 euros. Tel 213 612 400

Piano Recital by Artur Pizarro and Vita Panomariovaite – September 29 at the Small Auditorium (Sala Eduardo Prado Coelho) of Belém Cultural Centre in Lisbon at 19h00. Tickets: 8 euros. Call 213 612 400

Piano Recital by Artur Pizarro – September 30 at the Small Auditorium (Sala Eduardo Prado Coelho) of Belém Cultural Centre in Lisbon at 19h00. Tickets: 8 euros. Call 213 612 400

Sheila Jordan Quartet in concert on World Music Day – October 1 at the Small Auditorium (Sala Eduardo Prado Coelho) of Belém Cultural Centre in Lisbon at 21h00. Tickets: 15 and 20 euros Call 213 612 400

ON GOING EXHIBITIONS

ALGARVE

Until September 10th – Lab Series by **Jorge Bandeira** at São José Convent in Lagoa. Call 282 380 434.

Until September 15th – Contemporary plastic art by **João Pedro Vale** at Cerro da Vila museum in Vilamoura.

Until September 15th – Paintings by **Brian Mehl** at Escola das Artes in Lagoa. Gallery open from 9am to 12.30pm and 2pm to 5.30pm, closed on Saturdays, Sundays and public

holidays.

Until September 15th – **Jardim Azul** at Sala Polivalente at São José Convent in Lagoa. Call 282 380 434.

Until September 16th – Collective exhibition in aid of Club Bus charity at Versus Café in Loulé. Call 289 103 773.

Until September 17th – **Miniature train** exhibition by ARCA at the Recreational Association and Culture of Amorosa in Messines. Entrance is free. Call 282 338 547.

Until September 27th – Joint exhibition of

contemporary paintings **Alma van Wilgenburg & Wendy Tate**. Tickets €10 includes music with Manuela Lopes, canapes and Vida Nova Rose wine Telephone 912 737 762 or 918 980 199 Gallery - housed inside Boliqueime railway station - open 5 days per week from 11am until 5pm Closed on Mondays and Tuesdays.

Until September 30th – **Gerardo Burmester** at TREM gallery in Faro. Call 289 804 197.

Until October 10th – Paintings by **Jean-Marie Boomputte** at São Lourenço Cultural Centre. Call 289 395 475.

LISBON

Until September 7th – **Pintura Naif** at Estoril Casino. Call 214 667 700.

September 15th – Opening of the exhibition **Não te posso ver nem pintado** at Museu Coleção Berardo at 19h30. Call 213 667 570.

Until September 28th – **José Saramago** and **Agostinho Santos** paintings and

drawings at Museu Nacional da Imprensa in Lisbon, on Praça do Comercio in Lisbon. Entrance is free.

Until October 10th – **Maya Schindler See- ingis Believing** at Zaum Projects Contemporary Art on Av. Miguel Torga, 14B. Call 913 176 005

Until November 8th – **Obras Recentes** by **Leda Catunda** at Galeria 111. Call 217 819 907.

Until November 16th – Opening on 15th Sep the exhibition **Pipedream** at Museu

Coleção Berardo. Call 213 667 570.

OPORTO

Until October 12th – **David Goldblatt**, Intersections Intersected at Museu Serralves in Oporto. Call 226 156 500.

Until November 2nd – **Todas as Histórias** film exhibition at Museu Serralves in Oporto. Call 226 156 500. Until November 2nd – Cinematic photography by **Manoel de Oliveira** at Museu Serralves in Oporto. Call 226 156 500.



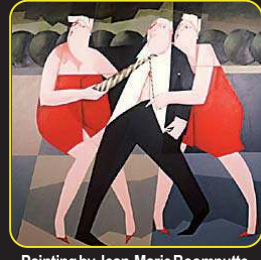
Miniature train



José Saramago



Naif Painting



Painting by Jean-Marie Boomputte

Send your exhibition listing to copy@the-news.net with dates, name of the artists and exhibition location by Tuesday before publication.

events which are cancelled, delayed or fail to live up to their billing. Send us your events to copy@the-news.net by Tuesday before publication.

FAIRS & FESTIVITIES

Horse Fair (included in Faro City Festivities) – Until September 7 in Estói



Bruna com Bailarinas & Lucas e Mateus com Bailarina – September 8 at the Church Square in Lagoa. Free Entrance.

Tree Parade '08 – Until September 30 at Vila Adentro, Jardim M.Bivar, Alameda, Others

Pilgrimage to Fátima – September 12 & 13 SHOWS

Sandro e Natalie – new circus act at Estoril Casino from September 1st until 15th, featuring Portuguese duo Sandro and Natalie. Call 214 667 970.

'Fire of Anatólia' by The sultans of dance – September 19 at Câmara Municipal in Portimão. at 22h00. €12.5
'Beautiful Me' by Vuyani Dance Theatre – September 19 & 20 at Teatro das Figuras in Faro at 21h30. Tickets: €12, €14, 289888100



Children Football Tournament – September 6 & 7 at Penha Football Stadium

Pax Rally 2008 – The Pax Rally is a cross country rally open to cars, quads and motorbikes and part of the 'Dakar Series'. It will take place between Lisboa and Portimão from 10th to 14th September and consists of five stages. The 4th stage is on 13th - Alcochete to Portimão. The 5th stage on the 14th is Portimão - Portimão.

Portugal Trophy: TP/52 Audi Med Cup – September 15 to 20 at Portimão Marina

Powerboat P1 World Championship – September 26 to 28 at Praia da Rocha

International BMX Freestyle Championship – September 13,14 at Portimão Youth Park

Powerboat P1 World Championship – September 26 to 28 at Praia da Rocha



Portugal Trophy: TP/52 Audi Med Cup – September 15 to 20 at Portimão Marina - This prestigious yachting circuit, comprising a number of regattas that usually take place in the Mediterranean sea, is moving further West to the Algarve.

The programme of the Trophy of Portugal includes regattas on the coast and races in both the Barlavento and Sotavento, providing sailors who are used to more tranquil waters with a different sailing experience.

GAME FISHING

1st Albufeira International Big Game Fishing Championship – September 19-21 at the Albufeira Marina. Org. by Big Game Clube de Portugal, tel: 282 405



Will they see YOU there?

The May International Algarve Fair at Fatacil Lagoa was the most successful to date.

Among many tributes received, Lagoa's Mayor said it was "extremely well organised and dynamic" and was a "good blend of various communities of different nationalities".

In the completed surveys, visitors told us they most enjoyed the entertainment and variety of activities, the little circus and music. They loved the variety of stands, the



show gardens, choice of restaurants and the 'kid's stuff'.

They enjoyed the cars, bikes, pet shop and various beauty treatments. Most said they just enjoyed everything and there were many comments about the atmosphere, the friendliness and warmth of the people.

Exhibitors were also asked to complete surveys and a massive 86.8% voted the fair a total success.

Even greater things are being planned for the next fair - Make sure YOUR company is represented!

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CONCERTS COMING SOON

Your weekly guide to the best summer festivals coming your way...

Live Concerts

SEPTEMBER

Slimmy – September 6th at Santo Tirso (Buragães) from 9.30pm. Entrance is free.

Melanie – September 7th at Vila Real theatre from 11pm. Entrance is free.

Vânia Fernandes & Júlio Resende – September 7th at Teatro das Figuras in Faro - 21:30. Tickets €5-€10

Orquestra Sinfónica Académica Metropolitana – September 7th at Casa da Música, Porto at 18:00. Tickets: €15

Santos e PecVox – September 11th

at Cascais Estoril Casino from 11.30pm. entrance is free.

Madonna – September 14th at Lisbon Bela Vista Park. Tickets: €60.

Vox Laci – September 15th at Teatro Municipal Maria Casimiro in Cascais (Estoril) at 21:30 – Tickets: 12

Maria João Pires – September 19th at Belém Cultural Centre from 9pm. Tickets: €10 - €30.

Orquestra Metropolitana de Lisboa (Festival Música Viva) – September 19 at Mosteiro dos Jerónimos in Lisbon at 22:00 – Entrance is free

Rui Mourinho – September 20th at Távora Ermida de Santa Ana. Entrance is free.

Rão Kyao & Shout & Luis Pedro Fonseca & Companhia de Dança Amalgama (Abraçar a Paz) – September 21 at Aula Magna, Lisbon - 14:30. Tickets: €18-€30



OCTOBER

Aimee Mann – October 18th at Lisbon Coliseu. Tickets: €40 - €50.

My Dream – October 25th at Lisbon Coliseu. Tickets: €18 - €40.

Cansei de Ser Sexy – October 28th at Lisbon Coliseu. Tickets: €23 - €27.

NOVEMBER

Peter Murphy – November 1st at Lisbon Coliseu and November 2nd at Oporto Coliseu.

Fat Freddy's Drop – November 7th at Cascais, Carcavelos at Quinta dos Lombos from 9pm. Tickets: €23.

Scorpions – November 19th at Cascais Estoril Casino. Further info TBA.

DECEMBER
Gogol Bordello – December 10th at Lisbon Praça de Touros do Campo Pequeno.

FEBRUARY
Giselle – February 6th & 7th at Lisbon Coliseu from 9.30pm. Tickets: €20-€35.

TICKETS: Most tickets are available at FNAC and Worten outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night. Websites: www.pavilhaoatlantico.pt; www.ticketline.pt | Phone numbers: Ticketline 707 234 324

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- 1 The Mummy: Tomb of the Dragon Emperor**
Brendan Fraser, Jet Li
(11.00 Sat & Sun) 16.20
Hellboy II: The Golden Army
Ron Perlman, Selma Blair
13.40-18.45-21.40 (00.20 Fri & Sat)
- 2 Batman: The Dark Knight**
Christian Bale, Heath Ledger
21.55
Nim's Island
Abigail Breslin, Jodie Foster
(10.10 Sat & Sun) 12.45-15.00-17.20-19.40
3 Journey to the Center of the Earth (3D)
Brendan Fraser, Josh Hutcherson
12.50-15.00-17.10-19.20-21.30 (00.05 Fri & Sat)
- 4 WALL-E**
Animation
PV: (11.30 Sat & Sun) 13.55-18.55
OV: 16.20-21.10
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li
(23.40 Fri & Sat)
- 5 Mamma Mia!**
Meryl Streep, Colin Firth
(11.45 Sat & Sun) 14.30-17.00-19.30-22.05 (00.30 Fri & Sat)
- 6 Meet Dave**
Eddie Murphy, Gabrielle Union
15.25-17.35-19.45-22.10
Kung Fu Panda
Animation PV
(11.05 Sat & Sun) 13.10
- 7 Space Chimps**
Animation
(11.20 Sat & Sun) 13.20
Babylon A.D.
Vin Diesel, Michele Yeoh
15.20-17.30-19.40-21.50 (00.15 Fri & Sat)
- 8 Home of the Brave**
Samuel L. Jackson, Jessica Biel
13.00-22.30 (00.45 Fri & Sat)
Star Wars: The Clone Wars
Animation PV
(10.45 Sat & Sun) 15.45-18.00-20.15
- 9 Superhero Movie**
Drake Bell, Sara Paxton
(11.20 Sat & Sun) 15.45-17.50-19.55-22.00 (00.10 Fri & Sat)
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13.30

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Meryl Streep, Colin Firth
15.30-18.30-21.30

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- 1 Star Wars: The Clone Wars**
Animation PV
13.30-16.00-18.50-21.25
Mamma Mia!
Meryl Streep, Colin Firth
21.40-00.10
- 2 Mamma Mia!**
Meryl Streep, Colin Firth
13.15-15.40-18.20-21.40-00.10
- 3 Get Smart**
Steve Carell, Anne Hathaway
12.55-15.30-18.30-21.10
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li
23.45
- 4 WALL-E** - Animation
PV: 12.50-15.00-17.10-19.20-21.30
OV: 23.40



- 5 Kung Fu Panda**
Animation PV
13.40-15.50
Hellboy II: The Golden Army
Ron Perlman, Selma Blair
18.10-21.00-23.55
- 6 Journey to the Center of the Earth (3D)**
Brendan Fraser, Josh Hutcherson
13.10-15.20-17.35-19.40-22.00-00.20
- 7 Meet Dave**
Eddie Murphy, Gabrielle Union
13.05-15.15-17.25-19.35-21.45-23.50
- 8 Babylon A.D.**
Vin Diesel, Michele Yeoh
13.00-15.10-17.20-19.30-21.50-00.00
- 9 Superhero Movie**
Drake Bell, Sara Paxton
13.50-16.10-18.40-21.15-23.30

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- 1 Mamma Mia!**
Meryl Streep, Colin Firth
13.30-16.10-18.50-21.30-00.00
- 2 WALL-E**
Animation PV
13.00-15.05-17.20-19.30
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li
21.40-00.15
- 3 Babylon A.D.**
Vin Diesel, Michele Yeoh
14.00-16.30-19.00-21.20-23.40
- 4 Hellboy II: The Golden Army**
Ron Perlman, Selma Blair
13.20-16.00-18.30-21.10-23.50
- 5 Journey to the Center of the Earth (3D)**
Brendan Fraser, Josh Hutcherson
13.10-15.20-17.30-19.50-22.00-00.10
- 6 Meet Dave**
Eddie Murphy, Gabrielle Union
13.40-15.40-17.40-19.40-21.50-00.20

CENTRE

LUSOMUNDO
ALFAS DUPLEX (ÉVORA)
TEL: 707 246362
4 SEP-10 SEP

Mamma Mia!
Meryl Streep, Colin Firth
Get Smart
Steve Carell, Anne Hathaway

LUSOMUNDO
ALMADA FORUM
TEL: 707 246362
4 SEP-10 SEP

- WALL-E**
Animation OV & PV
Babylon A.D.
Vin Diesel, Michele Yeoh
Hellboy II: The Golden Army
Ron Perlman, Selma Blair
Mamma Mia!
Meryl Streep, Colin Firth
Journey to the Center of the Earth (3D)
Brendan Fraser, Josh Hutcherson
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li
Superhero Movie
Drake Bell, Sara Paxton
The X-Files: I Want to Believe
David Duchovny, Gillian Anderson
Meet Dave
Eddie Murphy, Gabrielle Union
Star Wars: The Clone Wars
Animation PV
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
Wanted
James McAvoy, Angelina Jolie
Batman: The Dark Knight
Christian Bale, Heath Ledger
Kung Fu Panda - Animation PV
Hancock
Will Smith, Jason Bateman
Get Smart
Steve Carell, Anne Hathaway

LUSOMUNDO
ALVALÁXIA
TEL: 21 754 9000
4 SEP-10 SEP

- WALL-E**
Animation PV
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li
Meet Dave
Eddie Murphy, Gabrielle Union
Mamma Mia!
Meryl Streep, Colin Firth
Babylon A.D.
Vin Diesel, Michele Yeoh
Wanted
James McAvoy, Angelina Jolie
Journey to the Center of the Earth (3D)
Brendan Fraser, Josh Hutcherson
Hellboy II: The Golden Army
Ron Perlman, Selma Blair
Nim's Island
Abigail Breslin, Jodie Foster
Star Wars: The Clone Wars
Animation PV
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
Superhero Movie
Drake Bell, Sara Paxton
Get Smart
Steve Carell, Anne Hathaway
Batman: The Dark Knight
Christian Bale, Heath Ledger

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- Mamma Mia!**
Meryl Streep, Colin Firth
Babylon A.D.
Vin Diesel, Michele Yeoh
WALL-E
Animation PV
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li
Star Wars: The Clone Wars
Animation PV
Batman: The Dark Knight
Christian Bale, Heath Ledger
Kung Fu Panda
Animation PV
Hellboy II: The Golden Army
Ron Perlman, Selma Blair
Get Smart
Steve Carell, Anne Hathaway
Journey to the Center of the Earth (3D)
Brendan Fraser, Josh Hutcherson

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TEL: 707 246362
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- Journey to the Center of the Earth (3D)**
Brendan Fraser, Josh Hutcherson
WALL-E - Animation OV
Hellboy II: The Golden Army
Ron Perlman, Selma Blair
Meet Dave
Eddie Murphy, Gabrielle Union
Babylon A.D.
Vin Diesel, Michele Yeoh
Mamma Mia!
Meryl Streep, Colin Firth
Get Smart
Steve Carell, Anne Hathaway
Star Wars: The Clone Wars
Animation PV
Superhero Movie
Drake Bell, Sara Paxton

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COLOMBO
TEL: 707 246362
4 SEP-10 SEP

- The Mummy: Tomb of the Dragon Emperor**
Brendan Fraser, Jet Li
Star Wars: The Clone Wars
Animation PV & OV
WALL-E - Animation PV & OV
Babylon A.D.
Vin Diesel, Michele Yeoh
Mamma Mia!
Meryl Streep, Colin Firth
Meet Dave
Eddie Murphy, Gabrielle Union
Nim's Island
Abigail Breslin, Jodie Foster
Get Smart
Steve Carell, Anne Hathaway

- Superhero Movie**
Drake Bell, Sara Paxton
Kung Fu Panda
Animation PV
Hellboy II: The Golden Army
Ron Perlman, Selma Blair
Journey to the Center of the Earth (3D)
Brendan Fraser, Josh Hutcherson

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- Mamma Mia!**
Meryl Streep, Colin Firth
Hellboy II: The Golden Army
Ron Perlman, Selma Blair
The X-Files: I Want to Believe
David Duchovny, Gillian Anderson
Star Wars: The Clone Wars
Animation PV
WALL-E - Animation PV
Get Smart
Steve Carell, Anne Hathaway

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- Kung Fu Panda**
Animation PV
Get Smart
Steve Carell, Anne Hathaway
Aquele Querido Mês de Agosto
Sónia Bandeira, Fábio Oliveira
Wanted
James McAvoy, Angelina Jolie
Batman: The Dark Knight
Christian Bale, Heath Ledger
Home of the Brave
Samuel L. Jackson, Jessica Biel
Meet Dave
Eddie Murphy, Gabrielle Union
WALL-E
Animation PV & OV
Superhero Movie
Drake Bell, Sara Paxton
The X-Files: I Want to Believe
David Duchovny, Gillian Anderson
Hellboy II: The Golden Army
Ron Perlman, Selma Blair
Mamma Mia!
Meryl Streep, Colin Firth
Sex and the City: The Movie
Sarah Jessica Parker, Kim Cattrall
Star Wars: The Clone Wars
Animation OV & PV
Journey to the Center of the Earth (3D)
Brendan Fraser, Josh Hutcherson
Babylon A.D.
Vin Diesel, Michele Yeoh
Nim's Island
Abigail Breslin, Jodie Foster
Tropa de Elite
Wagner Moura, André Ramiro

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4 SEP-10 SEP

- Mamma Mia!**
Meryl Streep, Colin Firth
Journey to the Center of the Earth (3D)
Brendan Fraser, Josh Hutcherson
Superhero Movie
Drake Bell, Sara Paxton
Babylon A.D.
Vin Diesel, Michele Yeoh
WALL-E - Animation PV
Hellboy II: The Golden Army
Ron Perlman, Selma Blair
Star Wars: The Clone Wars
Animation PV
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li

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4 SEP-10 SEP



- Mamma Mia!**
Meryl Streep, Colin Firth
Babylon A.D.
Vin Diesel, Michele Yeoh
Journey to the Center of the Earth (3D)
Brendan Fraser, Josh Hutcherson
Home of the Brave
Samuel L. Jackson, Jessica Biel
WALL-E - Animation PV
Kung Fu Panda
Animation PV

- The X-Files: I Want to Believe**
David Duchovny, Gillian Anderson
Superhero Movie
Drake Bell, Sara Paxton
Get Smart
Steve Carell, Anne Hathaway
Batman: The Dark Knight
Christian Bale, Heath Ledger
Hellboy II: The Golden Army
Ron Perlman, Selma Blair

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4 SEP-10 SEP

- Mamma Mia!**
Meryl Streep, Colin Firth
Journey to the Center of the Earth (3D)
Brendan Fraser, Josh Hutcherson
Babylon A.D.
Vin Diesel, Michele Yeoh
Meet Dave
Eddie Murphy, Gabrielle Union
Kung Fu Panda - Animation PV
Superhero Movie
Drake Bell, Sara Paxton
Star Wars: The Clone Wars
Animation PV
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li
WALL-E - Animation PV
Hellboy II: The Golden Army
Ron Perlman, Selma Blair

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TEL: 707 246362
4 SEP-10 SEP

- Kung Fu Panda** - Animation PV
Superhero Movie
Drake Bell, Sara Paxton
Mamma Mia!
Meryl Streep, Colin Firth
WALL-E - Animation PV
Hellboy II: The Golden Army
Ron Perlman, Selma Blair
Get Smart
Steve Carell, Anne Hathaway
Babylon A.D.
Vin Diesel, Michele Yeoh
Journey to the Center of the Earth (3D)
Brendan Fraser, Josh Hutcherson
Star Wars: The Clone Wars
Animation PV
The Mummy: Tomb of the Dragon Emperor - Brendan Fraser, Jet Li

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TORRES VEDRAS
TEL: 707 246362
4 SEP-10 SEP

- Babylon A.D.**
Vin Diesel, Michele Yeoh
Journey to the Center of the Earth (3D)
Brendan Fraser, Josh Hutcherson
Star Wars: The Clone Wars
Animation PV
Hellboy II: The Golden Army
Ron Perlman, Selma Blair
WALL-E - Animation PV
Get Smart
Steve Carell, Anne Hathaway
Mamma Mia!
Meryl Streep, Colin Firth

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TEL: 707 246362
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- Babylon A.D.**
Vin Diesel, Michele Yeoh
WALL-E - Animation PV
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li
Star Wars: The Clone Wars
Animation PV
Hellboy II: The Golden Army
Ron Perlman, Selma Blair
Journey to the Center of the Earth (3D)
Brendan Fraser, Josh Hutcherson
Mamma Mia!
Meryl Streep, Colin Firth
Superhero Movie
Drake Bell, Sara Paxton



OV =
Original
Version

PV =
Portuguese
Version

MAMMA MIA!

THE MOVIE

A mother.
A daughter.
Three possible fathers.
A trip down the aisle
you'll never forget.



An independent, single mother who owns a small hotel on the idyllic Greek island Kalokairi, Donna (Meryl Streep) is about to let go of Sophie (Amanda Seyfried), the spirited daughter she's raised alone. For Sophie's wedding to fiancé Sky (Dominic Cooper), the ceremony will take place at tiny chapel perched high above the Aegean and the reception will be held at "Villa Donna" which, on the eve of the nuptials, has begun to fill with guests. Sophie's best friends (Ashley Lilley, Rachel McDowall) have arrived, and Donna has invited her two lifelong best girlfriends - practical and no-nonsense Rosie (Julie Walters) and wealthy, multi-divorcee Tanya (Christine Baranski) -

from the good old days when they performed in platform boots and sequined bell sleeves as the glitzy '70s glam trio "Donna and the Dynamos".

But there's one important person who isn't on the guest list, because Sophie has no idea who he is: her father. Sophie was the unexpected end result of one footloose summer her mother spent on Kalokairi 20 years earlier, and Donna herself doesn't really

know who the father is. Desperately wanting her father to walk her down the aisle and give her away at the altar, Sophie pores over her mother's old diary for clues and comes up with three likely suspects: stuffy banker Harry Bright (Colin Firth), adventurous travel writer Bill Austin (Stellan Skarsgård) and Sam Carmichael (Pierce Brosnan), Donna's one true

love who broke her heart when he returned to his fiancé. Certain she'd know which one is her dad the moment she lays eyes on him, Sophie, unbeknownst to Donna, brings back the three men from Donna's past to the Mediterranean paradise they visited 20 years earlier.



Over 24 chaotic, magical hours, new love will bloom and old romances will be rekindled on this lush island full of possibilities.

Inspired by the storytelling magic of ABBA's songs from "Dancing Queen" and "S.O.S." to "Money, Money, Money" and "Take a Chance on Me," *Mamma Mia!* is a celebration of mothers and daughters, old friends and new family found.

Meryl Streep leads an all-star cast in the feature-film adaptation of the beloved musical that has been seen by more than 30 million people in 160 cities and 8 languages around the world. Bringing the timeless lyrics and melodies of iconic super group ABBA to movie audiences, 2008 is the year of "*Mamma Mia!*".

The three women who created the worldwide smash stage hit - global producer Judy Craymer, writer Catherine Johnson and director Phyllida Lloyd - repeat their roles in bringing this joyful, musical story to the big screen.

Pierce Brosnan, Colin Firth, Stellan Skarsgård, Christine Baranski, Julie Walters, Amanda Seyfried and Dominic Cooper join Streep in this celebration of a mother, a daughter and three possible dads.



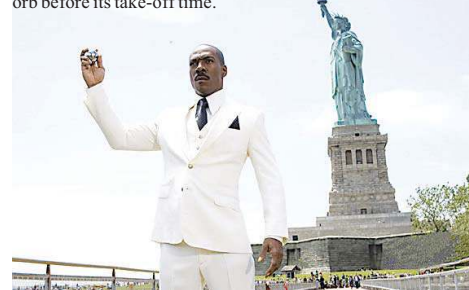
Early one New York City morning, a neatly groomed, middle-aged man (Eddie Murphy) dressed in an immaculate three-piece white suit comes screaming across the sky and lands face first on Liberty Island. Apparently unhurt, he picks himself up, dusts himself off and boards a Circle Line tour boat bound for Manhattan. "He," it turns out, isn't a man at all but a cleverly camouflaged spacecraft built to look like a (sort of) ordinary earthling and manned by a crew of tiny, inch-and-a-half high extraterrestrial spacemen. Led by their captain (Murphy, again), who obviously served as a model for the spaceship, the crew is on an important mission: Their home planet, Nil, is suffering a catastrophic energy crisis that threatens its very survival, and they intend to drain the watery planet's oceans and use the salt as an alternative fuel source. The fact that saving their own planet will mean the death of Earth and its race of primitive beings means nothing to these highly evolved, emotionless beings. But their plan has already hit a snag: Several months earlier, the baseball-sized orb that was supposed to suck up all that water was bumped off course and landed in the bedroom of small-for-his-age fifth grader Josh Morrison (Austyn Lind Myers), who lives with his young,



widowed mother, Gina (Elizabeth Banks), in a New York City walk-up. Assuming the name "Dave" and comically attempting to mimic Earth-

ling speech and behaviour, the ship, controlled by the captain and his crew - which includes

high-strung second-in-command Number 2 (Ed Helms), human-culture expert Number 3 (Gabrielle Union) and Kevin Hart is No. 17, the crew member charged with dealing with many of the spaceship's internal functions - befriends Gina and Dave in an attempt to retrieve the orb. Dave is a sponge soaking up everything around him. The crew's attempts to understand human culture are also amusing, as they get most of their cultural information from Google and Yahoo. Although Dave and his crew land on Earth believing that the human race is inferior, they soon realize that there is something to be said for emotions, feelings, and friendship. But the bumpy landing has damaged the ship's energy supply, and the Nil-ians have only 48 hours to find the orb before its take-off time.



CELEB NEWS

Ben Stiller's war comedy *Tropic Thunder* has retained its grip on the top of the U.S. box office, after earning an impressive \$11.5 million during its third week of release. The comedy - which features Stiller, **Jack Black** and **Robert Downey Jr.** - beat out new futuristic thriller, *Babylon A.D.* starring **Vin Diesel** - which grossed \$9.7 million in its first week of release, coming in second place. *The Dark Knight* moved up a spot from last weekend, to number three, taking in an additional \$8.75 million. **«««»»** *Batman Begins* sequel *The Dark Knight* has become only the second film in Hollywood history to cross the \$500 million mark at the U.S. box office. The record-breaking film, starring **Christian Bale** and **Heath Ledger**, has taken just six weeks to reach the half-million figure - half the time it took *Titanic*, which remains the only film to have made more at the U.S. domestic box office. After last weekend's estimates, *The Dark Knight* has now made a total of \$502.4 million. **«««»»** *Ugly Betty* star **Ashley Jensen** has applauded the makers of the hit show for making **America Ferrera's** character an "important role model for young girls". The Scottish actress is convinced the geeky persona of lead character Betty, played by Ferrera, has changed people's expectations. And Jensen has praised the show for highlighting "honest and true" qualities over superficial ones. She says, "Betty's a hero now. People come up to me and say, 'I love that show. I love the message it's sending'. Betty is such an important role model for young girls. What she stands for is great. It's Ok to be real and honest and true. It's insane that we've all got to be thin, brown and perfectly groomed. People don't care about whether you're a kind or honest person". **«««»»** Olympic swimming champion **Michael Phelps** has landed a cameo on hit U.S. TV show *Entourage*. The eight-time gold medal winner at the recent Beijing Games will appear as himself in the upcoming series, which debuts in America on 7 September. Phelps has also agreed to host comedy show *Saturday Night Live* on 13 September and he'll be among the presenters at the *MTV Video Music Awards* on 7 September. **«««»»** Fictional super-sleuth **Sherlock Holmes** will be turned into a "bad-ass" martial arts expert in **Guy Ritchie's** hard-hitting new film. Sir **Arthur Conan Doyle's** legendary crimefighter was famous for his pipe-puffing, laidback approach to solving mysteries in the series of novels. But Ritchie's forthcoming flick is rumoured to make the character - played by **Robert Downey Jr.** - a lot more hands-on. The actor tells British newspaper The Sun, "I've got to spend some time with Guy and I love his take on it. We're both martial arts enthusiasts and in the original stories of Sherlock Holmes, he's kind of a bad-ass and a bare-knuckle boxer and studies the rare, fictional martial art of baritsu. If you look baritsu up, they can't even really tell you what it is, so it gives us a lot of leeway". And the **Chaplin** star insists the Holmes mysteries are still relevant to today's audiences, adding: "It's a period piece where you don't modernise it, you just realise how modern it was". **«««»»** *L.A. Confidential* has topped a new list of films made about Los Angeles culture. The 1997 cop drama beat *Boogie Nights* and *Jackie Brown* in the new *Los Angeles Times* newspaper poll. 1997 appears to have been a vintage year for Tinseltown at the movies - the top three films all came out that year. The movies polled were all released in the last 25 years and feature the city as a "main character". The top 10 is: 1. *L.A. Confidential* 2. *Boogie Nights* 3. *Jackie Brown* 4. *Boyz n The Hood* 5. *Beverly Hills Cop* 6. *The Player* 7. *Clueless* 8. *Repo Man* 9. *Collateral* 10. *The Big Lebowski*. **«««»»** *Ghostbusters* has topped a new online poll of the Funniest Films of the Past 25 Years. The comedy beat out *National Lampoon's Vacation* and *Beverly Hills Cop* to land atop the new EW.com survey. But funnyman **Christopher Guest** is the most consistent player on the list; three of his films - *This Is Spinal Tap*, *Waiting For Guffman* and *Best In Show* make the top 20, while **Ben Stiller** and **Vince Vaughn** make the top 25 twice each - Stiller for *There's Something About Mary* and new film *Tropic Thunder*, and Vaughn for *Wedding Crashers* and *Old School*. The top 10 is: 1. *Ghostbusters* 2. *National Lampoon's Vacation* 3. *Beverly Hills Cop* 4. *This Is Spinal Tap* 5. *Office Space* 6. *South Park: Bigger, Longer & Uncut* 7. *There's Something About Mary* 8. *The Big Lebowski* 9. *A Fish Called Wanda* 10. *Dazed + Confused*. **«««»»**

NORTH

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ARRÁBIDA SHOPPING
TEL: 707 23 22 21
4 SEP-10 SEP



Babylon A.D.
Vin Diesel, Michele Yeoh
WALL-E
Animation PV & OV
Wanted
James McAvoy, Angelina Jolie
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li
Kung Fu Panda
Animation PV
Sex and the City: The Movie
Sarah Jessica Parker, Kim Cattrall
Star Wars: The Clone Wars
Animation OV & PV
The X-Files: I Want to Believe
David Duchovny, Gillian Anderson
Harold & Kumar: Escape from Guantanamo Bay
John Cho, Kal Penn
Joy Division
Documentary
Home of the Brave
Samuel L. Jackson, Jessica Biel
Batman: The Dark Knight
Christian Bale, Heath Ledger
Get Smart
Steve Carell, Anne Hathaway
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
Hellboy II: The Golden Army
Ron Perlman, Selma Blair
Nim's Island
Abigail Breslin, Jodie Foster
Mamma Mia!
Meryl Streep, Colin Firth
Meet Dave
Eddie Murphy, Gabrielle Union
Aquele Querido Mês de Agosto
Sônia Bandeira, Fábio Oliveira
Hancock
Will Smith, Jason Bateman
Superhero Movie
Drake Bell, Sara Paxton
Made of Honor
Patrick Dempsey, Michelle Monaghan
Tropa de Elite
Wagner Moura, André Ramiro
Journey to the Center of the Earth (3D)
Brendan Fraser, Josh Hutcherson

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4 SEP-10 SEP

Babylon A.D.
Vin Diesel, Michele Yeoh
Batman: The Dark Knight
Christian Bale, Heath Ledger
Get Smart
Steve Carell, Anne Hathaway
WALL-E
Animation PV
Hancock
Will Smith, Jason Bateman
Kung Fu Panda
Animation PV
Aquele Querido Mês de Agosto
Sônia Bandeira, Fábio Oliveira
Superhero Movie
Drake Bell, Sara Paxton
Mamma Mia!
Meryl Streep, Colin Firth

LUSOMUNDO
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TEL: 707 246362
4 SEP-10 SEP

Kung Fu Panda
Animation Digital PV
Batman: The Dark Knight
Christian Bale, Heath Ledger
Star Wars: The Clone Wars
Animation PV
The X-Files: I Want to Believe
David Duchovny, Gillian Anderson
Hellboy II: The Golden Army
Ron Perlman, Selma Blair
Journey to the Center of the Earth (3D)
Brendan Fraser, Josh Hutcherson
Harold & Kumar: Escape from Guantanamo Bay
John Cho, Kal Penn
Wanted
James McAvoy, Angelina Jolie
Mamma Mia!
Meryl Streep, Colin Firth
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li



■ OV = Original Version
■ PV = Portuguese Version

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4 SEP-10 SEP

Mamma Mia!
Meryl Streep, Colin Firth
Hellboy II: The Golden Army
Ron Perlman, Selma Blair
Aquele Querido Mês de Agosto
Sônia Bandeira, Fábio Oliveira
Harold & Kumar: Escape from Guantanamo Bay
John Cho, Kal Penn
WALL-E - Animation PV
Made of Honor
Patrick Dempsey, Michelle Monaghan
Tropa de Elite
Wagner Moura, André Ramiro
The X-Files: I Want to Believe
David Duchovny, Gillian Anderson
Star Wars: The Clone Wars
Animation PV
The Chronicles of Narnia: Prince Caspian
Ben Barnes, William Moseley
Kung Fu Panda - Animation PV
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
Batman: The Dark Knight
Christian Bale, Heath Ledger

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4 SEP-10 SEP

Kung Fu Panda - Animation Digital PV
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li
Superhero Movie
Drake Bell, Sara Paxton
Get Smart
Steve Carell, Anne Hathaway
WALL-E - Animation PV
Journey to the Center of the Earth (3D)
Brendan Fraser, Josh Hutcherson
Mamma Mia!
Meryl Streep, Colin Firth
Babylon A.D.
Vin Diesel, Michele Yeoh

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Star Wars: The Clone Wars
Animation PV
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li
Get Smart
Steve Carell, Anne Hathaway
WALL-E - Animation PV
Journey to the Center of the Earth (3D)
Brendan Fraser, Josh Hutcherson
Mamma Mia!
Meryl Streep, Colin Firth
Hellboy II: The Golden Army
Ron Perlman, Selma Blair

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WALL-E - Animation PV
The X-Files: I Want to Believe
David Duchovny, Gillian Anderson
Journey to the Center of the Earth (3D)
Brendan Fraser, Josh Hutcherson
Mamma Mia!
Meryl Streep, Colin Firth
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li
Hellboy II: The Golden Army
Ron Perlman, Selma Blair

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Mamma Mia!
Meryl Streep, Colin Firth
Get Smart
Steve Carell, Anne Hathaway
Journey to the Center of the Earth (3D)
Brendan Fraser, Josh Hutcherson
Meet Dave
Eddie Murphy, Gabrielle Union
WALL-E
Animation PV
Hellboy II: The Golden Army
Ron Perlman, Selma Blair
Nim's Island
Abigail Breslin, Jodie Foster
Kung Fu Panda - Animation PV
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li

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TEL: 707 246362
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Kung Fu Panda
Animation PV
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li
WALL-E
Animation PV
Made of Honor
Patrick Dempsey, Michelle Monaghan
Mamma Mia!
Meryl Streep, Colin Firth
Get Smart
Steve Carell, Anne Hathaway
Superhero Movie
Drake Bell, Sara Paxton
Babylon A.D.
Vin Diesel, Michele Yeoh

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4 SEP-10 SEP

Mamma Mia!
Meryl Streep, Colin Firth
Batman: The Dark Knight
Christian Bale, Heath Ledger
Star Wars: The Clone Wars
Animation PV
The X-Files: I Want to Believe
David Duchovny, Gillian Anderson
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li
WALL-E
Animation PV
Journey to the Center of the Earth (3D)
Brendan Fraser, Josh Hutcherson
Hellboy II: The Golden Army
Ron Perlman, Selma Blair

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Get Smart
Steve Carell, Anne Hathaway
Space Chimps
Animation PV
The X-Files: I Want to Believe
David Duchovny, Gillian Anderson
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li

LUSOMUNDO
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4 SEP-10 SEP

Star Wars: The Clone Wars
Animation PV
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li
Meet Dave
Eddie Murphy, Gabrielle Union
Mamma Mia!
Meryl Streep, Colin Firth
WALL-E - Animation OV
Hellboy II: The Golden Army
Ron Perlman, Selma Blair
Journey to the Center of the Earth (3D)
Brendan Fraser, Josh Hutcherson
Babylon A.D.
Vin Diesel, Michele Yeoh
Get Smart
Steve Carell, Anne Hathaway
Wanted
James McAvoy, Angelina Jolie
Kung Fu Panda
Animation PV
Batman: The Dark Knight
Christian Bale, Heath Ledger

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Mamma Mia!
Meryl Streep, Colin Firth
Get Smart
Steve Carell, Anne Hathaway
Journey to the Center of the Earth (3D)
Brendan Fraser, Josh Hutcherson
Meet Dave
Eddie Murphy, Gabrielle Union
WALL-E
Animation PV
Hellboy II: The Golden Army
Ron Perlman, Selma Blair
Nim's Island
Abigail Breslin, Jodie Foster
Kung Fu Panda - Animation PV
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li

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Superhero Movie
Drake Bell, Sara Paxton
Star Wars: The Clone Wars
Animation PV
Get Smart
Steve Carell, Anne Hathaway
Kung Fu Panda - Animation PV
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li

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Hellboy II: The Golden Army
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Babylon A.D.
Vin Diesel, Michele Yeoh
Mamma Mia!
Meryl Streep, Colin Firth
Meet Dave
Eddie Murphy, Gabrielle Union
Kung Fu Panda
Animation PV
Superhero Movie
Drake Bell, Sara Paxton
Star Wars: The Clone Wars
Animation PV
Get Smart
Steve Carell, Anne Hathaway
WALL-E
Animation PV
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li
Journey to the Center of the Earth (3D)
Brendan Fraser, Josh Hutcherson

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Get Smart
Steve Carell, Anne Hathaway
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li
WALL-E - Animation PV
Journey to the Center of the Earth (3D)
Brendan Fraser, Josh Hutcherson
Mamma Mia!
Meryl Streep, Colin Firth
Superhero Movie
Drake Bell, Sara Paxton
Star Wars: The Clone Wars
Animation PV
Hellboy II: The Golden Army
Ron Perlman, Selma Blair
Kung Fu Panda
Animation PV
Batman: The Dark Knight
Christian Bale, Heath Ledger
Meet Dave
Eddie Murphy, Gabrielle Union
Babylon A.D.
Vin Diesel, Michele Yeoh

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Superhero Movie
Drake Bell, Sara Paxton
Meet Dave
Eddie Murphy, Gabrielle Union
Mamma Mia!
Meryl Streep, Colin Firth
Babylon A.D.
Vin Diesel, Michele Yeoh
WALL-E - Animation PV
Journey to the Center of the Earth (3D)
Brendan Fraser, Josh Hutcherson
Kung Fu Panda - Animation PV
The X-Files: I Want to Believe
David Duchovny, Gillian Anderson
Get Smart
Steve Carell, Anne Hathaway
Harold & Kumar: Escape from Guantanamo Bay
John Cho, Kal Penn
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li
Star Wars: The Clone Wars
Animation PV & OV
Hellboy II: The Golden Army
Ron Perlman, Selma Blair
Nim's Island
Abigail Breslin, Jodie Foster

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SAT

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6 SEP

BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (R) 11.30 MasterChef - The Professionals. (R) (T) 12.00 BBC News; Weather. (T) 12.10 Football Focus. (T) 12.50 Paralympics 2008 Opening Ceremony. From the National Stadium in Beijing. (T) 4.30 The Green Green Grass. (R) (T)

5.00 BBC News; Regional News; Weather. (T)

5.25 FILM: Shrek (2001). Animated adventure, with the voice of Mike Myers. (T)

6.50 Weakest Link. Celebrities from the world of food and drink, including Indian Food Made Easy's Anjum Anand, cook, food writer and broadcaster Sophie Grigson, restaurant critic Jay Rayner, the Hairy Bikers Dave Myers and Simon King, chef Theo Randall and wine critic Ollie Smith, join Anne Robinson for a charity edition of the general knowledge quiz in which contestants answer questions as a team, eliminating the poorest players as they go. (R) (T)

7.50 The National Lottery Draws. More fortunes are made as the balls are set rolling and the all-important results of the Thunderball, Dream Number and Lotto draws are revealed. (T)

8.00 Eurovision Dance Contest. Graham Norton and Claudia Winkleman present the second annual competition live from Glasgow. Former Strictly Come Dancing partners Louisa Lytton and Vincent Simone represent the UK against 14 other couples from Austria, Azerbaijan, Denmark, Finland, Greece, Ireland, Lithuania, the Netherlands, Poland, Portugal, Russia, Spain, Sweden and Ukraine, hoping to win the votes of both an expert judging panel and TV viewers continent-wide. Commentary comes from Len Goodman and Craig Revel Horwood. (T)

10.15BBC News; Weather; (T) National Lottery Update. (T)

10.35FILM: Firewall (2006). Premiere. Action thriller, starring Harrison Ford. (T)

12.15 Friday Night with Jonathan Ross; (R) Weatherview. (T) 1.20 BBC News. (T)

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BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Roar. (R) (T) 8.00 Only in America. (R) (T) 8.30 The Secret Show; (R) (T) Bernard. (R) (T) 9.00 Hider in the House. (R) (T) 10.00 Hot Rods. (T) 10.25 Prank Patrol Pocketsize. (R) (T) 10.30 The Slammer; (R) (T) The Owl. (R) (T) 11.00 The Story of Tracy Beaker. (R) (T) 11.30 Elliot Kid. (R) (T) 11.45 Sportsround. (T) 12.00 BBC Switch: Sound. (T) 12.30 BBC Switch: Scene Stealers. (T) 1.00 BBC Switch: Greek. (T) 1.50 BBC Switch: Revealed. (T) 2.05 Coast. (T) 2.10 FILM: Madeline (1998). Children's comedy, starring Frances McDormand. (T) 3.35 FILM: One of One Dinosaurs is Missing (1975). Disney family comedy, starring Peter Ustinov. (T) 5.05 The Hairy Bakers. (R) (T) 5.35 Flog It! (R) (T) 6.20 BBC Proms 2008. (T) 8.00 Dad's Army. Mainwaring sets his sights on Frazer's savings. (R) (T) 8.30 Coast. Muckle Flugga in Shetland to The Old Man of Hoy in Orkney. (R) (T) 9.30 Have I Got Old News for You. With guest host Alexander Armstrong. (R) (T) 10.00 Mock the Week. Lauren Laverne and Michael McIntyre join regular panellists Frankie Boyle, Hugh Dennis, Russell Howard and Andy Parsons in the topical comedy quiz show, hosted by Dara O'Briain. (R) (T) 10.30 Kings of Rock and Roll. (R) (T) 11.30 Comedy Connections. The story behind Little Britain. Last in series. (R) (T) 12.10 FILM: My Name Is Modesty: A Modesty Blaise Adventure (2003). Crime thriller, starring Alexandra Staden. (T) 1.25 FILM: Monty (1975). Rock opera, starring Roger Daltrey. (T) 3.15 Close.

Pick of the Day

Eurovision Dance Contest (BBC1, 8pm)

It's now more than three months since Andy Abraham came bottom in the Eurovision Song Contest, which took place amid much grumbling about tactical voting and the Eastern European countries having the competition sewn up, but for some patriotic music fans the wounds are still fresh. Fortunately, there's a chance for us to prove that while we may have fattered at the microphone, we can still cut it on the dancefloor, as some of Europe's best movers prepare to strut their funky stuff in this event. The UK is putting forward former Strictly Come Dancing partners Louisa Lytton and Vincent Simone. Well, at least one of them is from Blighty, unlike last year when they were replaced by New Zealander Brendan Cole and Danish Camilla Dallerup. However, they'll face tough competition from 14 other couples from countries including Austria, Azerbaijan, Denmark, Ireland, Greece, Spain, Poland and last year's winning nation, Finland. In a change to standard Eurovision procedure, the reigning champions aren't hosting the contest — that honour falls to Glasgow. Here, presenters Graham Norton and Claudia Winkleman present coverage of all the sparkly, twinkle-toed action and discover what a panel of expert judges think of the routines on offer. Part of the responsibility for choosing a victor lies with the public — will their votes be as contentious as in the singing version?

C4

6.00 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Goalissimo. (R) (T) 8.00 The Morning Line. (T) 8.55 T4: Trans-mission. (R) (T) 9.25 T4: Big Brother Finale. (R) (T) 10.25 T4: Big Brother Finale. (R) (T) 11.25 T4: Sugababes: Video Exclusive. (T) 11.30 T4: Friends. (R) (T) 12.00 T4: Reaper. (R) (T) 1.00 T4: Scrubs. (T) 1.30 T4: Scrubs. JD instructs a group of pre-med students. (T) 2.00 Channel 4 Racing from Haydock Park, Kempton Park, Thirsk and Leopardstown. (T) 4.00 The TV Show. (T) 4.35 Supernanny USA. (T) 5.25 Chateau Monty. (R) (T) 6.00 The Great Italian Escape. (R) (T) 6.30 Channel 4 News. (T) 7.00 9/11: Ground Zero Underworld. People who attempted to find loved ones after the September 11 attacks. (R) (T) 8.00 FILM: Volcano (1997). A river of molten lava erupts onto the streets of Los Angeles, prompting an emergency expert and a scientist to leap into action. Thriller, with Tommy Lee Jones and Anne Heche. (T) 9.55 FILM: The Abyss (1989). Divers encounter an alien life-form while attempting to rescue survivors trapped in a stricken nuclear submarine. Sci-fi thriller, starring Ed Harris and Michael Biehn. (T) 12.35 4Music: Live from Abbey Road. (T) 1.35 4Music: 4Play: Sigur Ros. (T) 1.50 FILM: Ask the Dust (2006). Premiere. Romantic drama, starring Salma Hayek and Colin Farrell. (T) 3.45 Honeymoon. (T) (T) 4.20 St Elsewhere. (R) (T) 5.10 Countdown. (R) (T)

FIVE

6.00 Sunrise. 7.00 Milkshake!: Harry and His Bucket Full of Dinosaurs. (R) (T) 7.10 The Save-Ums! (R) (T) 7.35 Franny's Feet. (R) (T) 7.50 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.05 Little Princess. (R) (T) 8.20 Miss Spider's Sunny Patch Friends. (R) (T) 8.35 The Mr Men Show. (R) (T) 8.55 The Mr Men Show. (R) (T) 9.10 Rupert Bear. (R) (T) 9.20 Animal Families. (R) (T) 9.30 The Secret of Eel Island. (R) (T) 9.50 Funky Valley. (R) (T) 10.00 Britain's Strongest Man. (R) (T) 11.05 FILM: Heck's Way Home (1995). Family adventure, starring Chad Krowchuk. (T) 12.55 FILM: Surviving Love (2003). Romantic comedy, starring Ted Danson. (T) 2.45 FILM: The Thirteenth Floor (1999). Sci-fi thriller, starring Craig Bierko. (T) 4.35 five news and sport. (T) 4.45 Football on five. Georgia v Republic of Ireland (Kick-off 5.00pm). (T) 7.05 Extreme Fishing with Robson Green. The actor goes in search of elusive sea creatures. (R) (T) 8.00 NCIS. Two FBI agents try to seize control of the team's investigation into the discovery of a perfectly preserved body hidden in the chimney at a Marine base. (R) (T) 9.00 CSI: Crime Scene Investigation. Grissom and the team have to work with the FBI. (R) (T) 10.00 Law & Order: Criminal Intent. A man is murdered with an electrical saw. (R) (T) 11.00 FBI Files. (R) (T) 12.00 Quiz Call. 4.30 Game Ranger Diaries. (R) (T) 5.10 Everybody Hates Chris. (R) (T) 5.35 Everybody Hates Chris. The youngster plots revenge on school bully Caruso. Last in series. (R) (T)

LOCAL

RTP1
06.30 Espago Infantil 07.05 Brinca Comigo 08.00 Bom Dia Portugal 11.00 Sentido do Gosto 11.30 Desfilio Verde 12.30 Em Reportagem 13.00 News 14.15 Top + 15.45 Primeval 16.30 1.º Eurovision Dance Festival 2007 18.45 A Voz do Cidadão 19.00 News 20.00 2.º Eurovision Dance Festival 2008 22.15 Aínda Bem Que Apareceste 23.15 Paralelismo Games 01.00 Gato Fedorento 02.30 Film: Little Black Book 04.30 Film: Denial 06.15 A Hora da Sorte

RTP2
07.00 Euronews 07.30 África 7 Dias 08.00 News 08.30 A Alma e a Gente 09.00 Notícias 09.30 Comunismo - História de uma Ilusão 12.15 Biosfera. 13.00 Paralelismo Games 16.00 Desporto 2.19.00 Entre Pratos 19.30 KM Zero 20.00 Kaboom 21.00 Sempre em Pé - Vídeos 21.45 A Hora da Sorte 22.00 News 22.40 Film: Niagara 00.40 Film: Nora Inu 02.30 Desporto 2.06.30 Euronews

SIC
06.00 Etnias 06.30 SIC Kids 08.30 Disney Kids 10.00 Power R. O.P. Overdrive 10.30 Programa da Lucy 12.00 Our World: Life of Mammals 13.00 News 14.00 Episódio Especial 15.00 Film: TBA 17.30 Film: TBA 20.00 News 21.30 Maré Alta 22.30 Os Melucos do Risco 23.40 A Favorita 00.30 CSI: New York 01.30 Jericho 02.30 Topicos em Linha 04.00 Film: TBA

TVI
07.00 Kids TV 09.30 Smackdown Wrestling 10.30 Detective Maravilhas 11.15 Deluxe 12.15 Todos com Portugal 13.00 News 14.00 Heroes II 16.00 Film: The Invisible Man 18.00 Especial Desporto 19.00 Football: Malta v Portugal 21.15 News 21.30 Fêligo de Amor 22.30 A Outra 23.30 Fãssinos 11.30 Film: Meu Tio Matou Um Cara 02.30 Sempre A Somar 04.00 Até que a morte nos separe 04.40 Num3eros II 05.30 Televisadas

Best of the Rest

BBC3
7.00 The Real Hustle 7.30 The Real Hustle 8.00 Gaffes Galore 9.00 Most Annoying Couples 11.30 Family Guy 11.55 Family Guy 12.15 Two Pints of Lager and a Packet of Crisps 12.45 Two Pints of Lager and a Packet of Crisps 1.15 The Wrong Door 1.45 Gaffes Galore 2.45 Spooks: Code 9 3.30 Two Pints of Lager and a Packet of Crisps 4.00 Two Pints of Lager and a Packet of Crisps 4.30 The Real Hustle 5.00 Close

BBC4
7.00 Clarissa and the King's Cookbook 7.30 Lost Horizons: The Big Bang 8.30 The Big Bang Machine 9.30 Fossil Detectives 10.00 Takin' Over the Asylum 10.50 Takin' Over the Asylum 11.40 Hey Mr DJ - The Rise and Rise of the DJ 12.20 Caledonia Dreamin' 1.20 Fossil Detectives 1.50 Lost Horizons: The Big Bang 2.50 The Big Bang Machine 3.50 Close

ITV2
2.00 Holiday Showdown 3.00 American Princess 4.00 ITV at the Movies 4.30 The Xtra Factor 5.30 CelebAid 6.30 Kids Do the Funniest Things 7.30 The Planet's Funniest Animals 7.50 The Xtra Factor 9.00 Ghosthunting with Paul O'Grady and Friends 11.00 Katy Brand's Big Ass Show 11.30 The X Factor 12.30 The Xtra Factor 1.30 The Passions of Girls Aloud 2.25 ITV at the Movies 2.50 Entourage 3.15 Entourage 3.40 The Passions of Girls Aloud 4.35 Heartthrobs: Gone Bad 5.00 Young, Posh and Penniless

Sky One
1.00 Don't Forget the Lyrics US

2.00 Malcolm in the Middle 2.30 Malcolm in the Middle 3.00 Malcolm in the Middle 3.30 Futurama 4.00 Hairspray - The School Musical 5.00 Futurama 5.30 Futurama 6.00 Road Wars 7.00 Big Fight Countdown 7.30 Gladiators 9.00 Ross Kemp on Gangs 10.00 Road Wars 11.00 Prison Break 12.50 Street Wars 1.40 The Villa 2.35 Mile High 3.30 Ibiza Uncovered 4.20 Road Wars 5.10 Guilty!

UKTV1
1.00 Only Fools and Horses 2.05 Only Fools and Horses 3.45 Only Fools and Horses 4.50 Only Fools and Horses 5.30 Only Fools and Horses 6.10 Only Fools and Horses 6.50 Only Fools and Horses 7.55 Only Fools and Horses 9.00 Film: Twelve Monkeys 15 (1995) 11.30 Only Fools and Horses 12.10 Jonathan Creek 1.10 Jonathan Creek 2.15 Film: Columbo: The Bye-Bye Sky-High IQ Murder Case U (1977) 3.30 Film: Columbo: Fade into Murder PG (1976) 4.50 Film: Columbo: The Bye-Bye Sky-High IQ Murder Case U (1977)

TCM
1.00 Roberta U (1935) 3.00 Rebel Without a Cause PG (1955) 5.00 Code Name: Emerald PG (1985) 6.50 Logan's Run PG (1976) 9.00 Pat Garrett and Billy the Kid 15 (1973) 11.15 Hit Man 15 (1972) 12.55 The Night Digger 15 (1971) 2.45 The Americanization of Emily PG (1964) 5.00 This Could be the Night U (1957)

The Disney Channel
Kids' programmes from 7am, except: 4.00 Film: The Even Stevens Movie PG (2003) Family adventure, starring Shia LaBeouf.

MOVIES

Sky Movies Drama
6.00 Home by Christmas PG (2006) 7.45 Breaking the Surface: The Greg Louganis Story 12 (1997) 9.30 Twilight 15 (1998) 11.15 35MM 11.45 Columbo Crises Wolf PG (1990) With Peter Falk. 1.30 Candles on Bay Street PG (2006) With Alicia Silverstone. 3.15 Marie Antoinette 12 (2005) With Kirsten Dunst. 5.30 Drama Close Up 6.00 Stomp the Yard 12 (2007) With Columbus Short. 8.00 The Guardian 15 (2006) With Kevin Costner. 10.30 Kiss the Girls 18 (1997) With Morgan Freeman. 12.30 Edison 15 (2005) With Morgan Freeman. 2.15 The Young Americans 18 (1993) With Harvey Keitel. 4.00 Simon Birch PG (1998)

Sky Movies Comedy
6.25 Let's Go to Prison 15 (2006) 8.00 Aquamarine PG (2006) 9.50 Open Season PG (2006) 11.20 Antz PG (1998) With Woody Allen. 12.45 You, Me and Dupree 12 (2006) With Owen Wilson. 2.35 Knocked Up 15 (2007) With Seth Rogen. 4.45 Open Season PG (2006) With Martin Lawrence. 6.15 Antz PG (1998) With Woody Allen. 7.45 Pineapple Express Special 8.00 You, Me and Dupree 12 (2006) With Owen Wilson. 10.00 Knocked Up 15 (2007) With Seth Rogen. 12.15 Let's Go to Prison 15 (2006) With Dax Shepard. 1.55 Drop Dead Fred 12 (1991) With Rik Mayall. 3.45 35MM 4.15 Aquamarine PG (2006)

Sky Movies Action
6.00 The Fourth Angel 15 (2001) 7.55 Torn Curtain 15 (1966) 10.10 The River Wild 12 (1994) 12.05 Casino Royale 12 (2006) With Daniel Craig. 2.35 The Fourth Angel 15 (2001) With Jeremy Irons. 4.30 Superman Returns 12 (2006) With Brandon Routh. 7.05 The River Wild 12 (1994) With Meryl Streep. 9.00 Casino Royale 12 (2006) With Daniel Craig. 11.30 Smokin' Aces 18 (2006) With Jeremy Piven. 1.30 Magnum Force 18 (1973) With Clint Eastwood. 3.45 Desperate Justice PG (1993) 5.30 Action & Thriller Close Up

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ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 Coronation Street. (T) 12.05 ITV News and Weather. (T) 12.10 London Today; Weather. (T) 12.15 F1: Belgian Grand Prix Qualifying. The battle for pole position at Spa-Francorchamps. (T) 2.55 Inspector Morse. (R) (T) 4.35 The Unforgettable Benny Hill. (R) (T)

5.20 London Tonight; Weather. (T)

5.35 ITV News and Weather. (T)

5.50 Funniest Ever You've Been Framed! Featuring beautiful babies, dotty dogs and holiday hiccups. Narrated by Harry Hill. (R) (T)

6.50 The X Factor. The auditions move to Glasgow, home of last year's winner Leon Jackson, so hopes will be high for those taking a chance in front of Simon Cowell and his fellow judges. (T)

7.50 FILM: King Kong (2005). Premiere. A film-maker coaxes his crew onto a ship bound for a mysterious island - where their leading lady is whisked away by a giant ape. Fantasy adventure, with Naomi Watts. (T)

11.15ITV News and Weather; Weather. (T) 11.30That's What I Call Television. Bradley Walsh joins Fern Britton to celebrate Eighties TV programmes, adverts and theme tunes. World of Sport's Dickie Davies and the cast of Minder join in the fun. (R) (T)

12.30 Bingo Night Live. (T) 1.40 Nightwatch with Steve Scott: Emergency; (R) (T) ITV News Headlines. 2.35 FILM: Sweet November (2001). Premiere. Romantic drama, starring Keanu Reeves. (T) 4.35 ITV Nightscreen.



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SPORT

Sky Sports 1

6.00 FIFA Futbol Mundial 6.30 Champions League Weekly 7.00 Big League Weekend 8.00 Champions League Weekly 8.30 Big Fight Countdown 9.00 Soccer AM 12.00 Live Football League. Peterborough United v Bristol Rovers (Kick-off 12.15pm). 2.15 Big Fight Countdown 2.45 Live International Football. Wales v Azerbaijan (Kick-off 3.00pm). 5.00 Live US Open Tennis. The men's singles semi-finals. 10.30 International Football 12.00 Champions League Weekly 12.30 FIFA Futbol Mundial 1.00 Live US Open Tennis. The women's singles final. 3.00 International Football 4.30 Champions League Weekly 5.00 World Sport 5.30 FIFA Futbol Mundial

Sky Sports 2

6.00 Pipeline Adventures 6.30 Live Rugby Union. Northland v Tasman (Kick-off 6.30am). 8.30 Live Rugby Union. North Harbour v Canterbury (Kick-off 8.35am). 10.30 Big Fight Countdown 11.00 MaxPower 12.00 Live European Tour Golf. The European Masters. 4.00 World Sport 4.30 Sailing 5.00 Motor Racing 5.30 Big Fight Countdown 6.00 Live Super League. Warrington Wolves v Huddersfield Giants (Kick-off 6.00pm). 8.00 Live International Football. Argentina v Paraguay (Kick-off 8.00pm). 10.00 Live International Football. Ecuador v Bolivia (Kick-off 10.10pm). 12.30 Live NASCAR. The Chevy Rock and Roll 400. 4.30 Max Power 5.30 Sailing

Sky Sports 3

6.00 Live International Cricket.

Australia v Bangladesh. 9.30 Sky Sports Classics 10.00 Sailing 10.30 Rally Fever 11.30 Racing News 12.00 Sailing 12.30 Live Cricket. Hampshire Hawks v Worcestershire Royals. 6.30 International Cricket 8.00 WWE: Smackdown 10.00 Extreme Championship Wrestling 11.00 WWE: Late Night - Smackdown 1.00 WWE: Late Night - Bottom Line 2.00 NFL: Total Access 3.00 NFL: America's Game 4.00 Super League

British Eurosport

7.30 Cycling: Vuelta a Espana 8.00 World Superbikes 9.00 US Open Tennis 11.00 UEFA Euro 2008 1.00 US Open Tennis 3.00 Live Cycling: Vuelta a Espana. The seventh stage of the Tour of Spain. 4.30 Strongest Man 5.30 British Triathlon Grand Prix 6.30 Cycling: Vuelta a Espana 7.30 World Superbikes 8.15 MotoGP 9.15 World Superbikes 10.00 International Football 11.00 Cycling: Vuelta a Espana 12.00 International Football 1.00 Close

Sky Sports Xtra

6.00 Friday Fight Night 8.00 Tight Lines 9.00 NFL: America's Game 10.00 WWE: Bottom Line 11.00 WWE: Smackdown 1.00 NFL: Total Access 2.00 Live Rugby Union. Free State Cheetahs v Western Province (Kick-off 2.00pm). 4.00 Live Rugby Union. Sharks v Blue Bulls (Kick-off 4.05pm). 6.00 Max Power 7.00 Sailing 7.30 Golf Night 9.30 NFL: Total Access 3.00 NFL: America's Game 11.30 Super League 1.30 Golf Night 3.30 Pipeline Adventures 4.00 NFL: Total Access 5.00 NFL: America's Game

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SUN

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7 SEP

BBC1

6.00 Breakfast. (T) 9.00 The Andrew Marr Show. (T) 10.00 Sunday Life. (T) 11.00 Countryfile. (T) 12.00 BBC News. (T) 12.05 Cash in the Attic. (R) (T) 1.05 EastEnders. (T) 3.05 The Sarah Jane Adventures. (R) (T) 4.00 FILM: The Haunted Mansion (2003). Spooky comedy, starring Eddie Murphy. (T)

5.25 Songs of Praise. Pam Rhodes unveils the secrets of the book of Psalms, revealing the ancient text to be a source of inspiration for a diverse range of individuals. (T)

6.00 Keeping Up Appearances. Hyacinth is appalled to see a stranger wrapped in a towel emerge from Elizabeth's front door to pick up the milk. Suburban sitcom, starring Patricia Routledge. (R) (T)

6.30 The Heart of Thomas Hardy. A celebration of critically acclaimed novelist Thomas Hardy, who drew on his emotionally charged personal life to create some of the most memorable characters in English literature. (T)

7.30 BBC News; Regional News; Weather. (T)

8.00 Antiques Roadshow. Fiona Bruce steps away from the news desk to take on presenting duties in a new series of the heirloom-hunting programme. In this first edition, she heads for Bolton Abbey near Skipton in North Yorkshire, where finds include a farmer's lambing chair, a small Fabergé trinket, and a spent World War One bullet transformed into a key-ring. (T)

9.00 Joanna Lumley: In the Land of the Northern Lights. The actress travels up through Norway to Svalbard, the most northerly permanently inhabited place on Earth, where she experiences temperatures approaching minus 30 degrees Celsius. Her aim is to fulfil a lifetime ambition to see natural phenomenon in the Northern Lights. Along the way she explores the fjords of Lofoten, learns to ride a snowmobile and spends a night in a hotel made of ice. (T)

10.00BBC News; Weather. (T)

10.20FILM: The Weather Man (2005). Premiere. Chicago television weatherman Nicolas Cage's career goes from strength to strength, but his personal life is a little more problematic. Black comedy drama, with Michael Caine; (T) Weatherwise.

12.00 The Sky at Night. (T) 12.25 Sign Zone: Pacific Abyss. (T) 1.25 Sign Zone: God on Trial. (R) (T) 2.50 Sign Zone: Holby City. (R) (T) 3.50 Sign Zone: Cash in the Celebrity Attic. (R) (T) 4.35 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Roar. (R) (T) 8.00 Mona the Vampire; (R) (T) The Owl. (R) (T) 8.15 What's New Scooby-Doo? (R) (T) 8.35 Stupid. (R) (T) 9.00 SMART. (T) 10.00 Something for the Weekend. (T) 11.30 Rachel's Favourite Food. (R) (T) 12.00 Animal Park. (R) (T) 1.00 Fred Dibnah's World of Steam, Steel and Stone. (R) (T) 1.30 Paralympics 2008. Track cycling, swimming and wheelchair basketball from Beijing. Digital viewers can access additional live interactive coverage. (T) 3.30 Burghley Horse Trials. The show jumping discipline. (T) 5.00 Athletics. (T) 5.30 Wild Tribes: Reef Gypsies. (R) (T) 6.00 Dingo's Den. (R) (T) 7.00 Top Gear. The team revisit their attempt to build amphibious cars. (R) (T) 8.00 Charley Boorman: Ireland to Sydney By Any Means. New series following the adventurer across 25 countries. (T) 9.00 Earth: The Climate Wars. New series. Dr Iain Stewart explores the history of global warming. (T) 10.00 FILM: Cinderella Man (2005). Premiere. A boxer's career is hindered by a hand injury, but in the midst of the Great Depression he makes an amazing comeback. Fact-based drama, with Russell Crowe. (T) 12.15 FILM: Bad Timing (1980). Psychological thriller, with Art Garfunkel. (T) 2.15 BBC News. (T) 4.35 The Super League Show. Harry Gration introduces the latest Super League highlights, featuring Castleford Tigers v Bradford Bulls and St Helens v Wigan Warriors. (T) 5.35 Close.

Pick of the Day

Soccer Aid 2008 (ITV1 Granada, 6pm)

Two years ago, a galaxy of sporting and entertainment stars took to the pitch at Old Trafford in Manchester to play in a charity football match. By the time the dust had settled, a staggering £2.6million had been raised for Unicef. Now organisers Robbie Williams and Jonathan Wilkes have set up another game, although the former Take That star has been ruled out with an injury. He said: "Being able to help so many people through Soccer Aid was one of the true highlights of my life. I'm gutted that this time round my knee isn't up to it so unfortunately I'm out of the game. But I hope that everyone involved has the time of their life like I did, raises loads of money for Unicef and that the best side wins." The action sees an England squad (boasting the likes of Craig David, Hugo Speer, Alan Shearer and Teddy Sheringham) taking on a Rest of the World side, featuring Gethin Jones, Brian Lara, Gordon Ramsay, Jaap Stam, Franco Baresi, Peter Schmeichel and Romario. Ant and Dec host the glamorous event, Tim Lovejoy and Louise Redknapp will bring all the action from the sidelines, while pundits and special studio guests will deliver their live analysis of the beautiful game.

C4

5.55 Inuk. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Transworld Sport. (T) 7.55 The Highlander Challenge World Championship. (T) 8.50 T4: Friends. (R) (T) 9.20 T4: Rockcorps. (T) 9.30 T4: Holyoaks. (T) 12.00 T4: Big Brother's Little Brother. (T) 1.05 T4: Friends. Rachel struggles to deal with Ross's new relationship. (R) (T) 1.35 T4: Ugly Betty. (R) (T) 2.35 T4: When Women Rule the World. (R) (T) 3.40 T4: The Simpsons. (R) (T) 4.15 T4: The Simpsons. (R) (T) 4.45 Deal or No Deal. (T) 5.30 Deadline Catch. (T) 6.30 Channel 4 News. (T) 7.00 The Sculpture Diaries. Waldemar Januszczak assesses how leaders have tried to leave a lasting legacy through sculptures of themselves and also visits Florence to see Michelangelo's sculpture of David. (T) 8.00 Wile E. Coyote. A fiercely independent blind mother of two who runs a strict home switches places with a liberal mum of five who lives a hectic life running three Internet businesses from home. (T) 9.00 FILM: Braveheart (1995). Multi-Oscar-winning epic charting the life of legendary Scottish hero William Wallace and his efforts to defeat tyrannical Edward I of England. Directed by and starring Mel Gibson. (T) 12.15 Back to You. (T) 12.45 FILM: Kabhi Alvida Naa Kehna (2006). Premiere. Drama, starring Shahrukh Khan. 4.15 St Elsewhere. (R) (T) 5.15 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (R) (T) 6.05 Bird Bath. (R) (T) 6.10 Softies. (R) (T) 6.15 Sailor Sid. (R) (T) 6.20 Aussie Antics. (R) (T) 6.25 Angels of Jarm. (T) 6.30 Elmo's World. (R) (T) 6.50 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.00 The Save-Ums! (R) (T) 7.15 The Beeps. (R) (T) 7.25 Franny's Feet. (R) (T) 7.40 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.50 Sailor Sid. (R) (T) 7.55 Little Princess. (R) (T) 8.10 Miss Spider's Sunny Patch Friends. (R) (T) 8.25 The Mr Men Show. (R) (T) 8.40 The Mr Men Show. (R) (T) 8.55 Rupert Bear. (R) (T) 9.10 Animal Families. (R) (T) 9.25 George Shrinks. (R) (T) 10.00 Fifth Gear. (R) (T) 11.00 Secrets of the Jesus Tomb. (R) (T) 12.00 FILM: Martin and Lewis (2002). Fact-based drama, starring Sean Hayes. (T) 1.55 FILM: Our Man in Havana (1960). Espionage spoof, starring Alec Guinness. (T) (bw) 4.00 Rory and Paddy's Great British Adventure. (R) (T) 5.00 five news and sport. (T) 5.15 FILM: CutThroat Island (1995). Swashbuckling adventure, starring Geena Davis. (T) 7.30 FILM: The Producers (2005). Premiere. Matthew Broderick and Nathan Lane star in this musical version of Mel Brooks' classic comedy about a get-rich-quick scheme involving the worst play ever written. With Uma Thurman. (T) 10.00 Greatest Ever Comedy Movies. Giles Coren counts down the 40 funniest films of all time, as voted for by viewers and readers of The Times. John Cleese, Frank Oz, and Terry Jones provide contributions. (R) (T) 12.50 Major League Baseball. Live coverage of another top game. 4.20 NHRA Drag Racing. 5.10 House Doctor. (R) (T) 5.35 House Doctor. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 CITV: Horrid Henry. (T) 9.40 Art Attack. (R) (T) 10.05 Finger Tips. (T) 10.25 Finger Tips. (T) 10.45 Tricky Quizzes. (R) (T) 10.50 The X Factor. (R) (T) 11.50 ITV News and Weather. (T) 11.55 London Today; Weather. (T) 12.00 F1: Belgian Grand Prix Live. This afternoon's race at Spa-Francorchamps (Start-time 1.00pm). (T) 3.00 FILM: Police Academy II: Their First Assignment (1985). Comedy sequel, starring Steve Guttenberg. (T) 4.30 Martin Clunes: A Man and His Dogs. (R) (T)

5.30 London Tonight; Weather. (T)

5.45 ITV News and Weather. (T)

6.00 Soccer Aid 2008. Ant and Dec host coverage of the big game in aid of charity Unicef, which sees World Cup heroes team up with celebrities for an England v Rest of the World match (Kick-off 7.30pm). (T)

10.00 ITV News and Weather; Weather. (T)

10.15 F1: Belgian Grand Prix Highlights. Steve Rider introduces action from Spa-Francorchamps, as the drivers take to the track for the 13th round of the season. This is undoubtedly one of the finest circuits on the calendar and has been a big favourite of Kimi Raikkonen during his time in F1, having won all three races he has contested here. The Finn lost ground on championship leader Lewis Hamilton following his failure to finish at the European Grand Prix last time out but, after enjoying so much success here in recent times, will be confident of closing the deficit by making it four wins in succession on this track. Commentary by James Allen and Martin Brundle. (T)

11.15 Faith in the Frame. Discussion on Matthias Grunewald's altarpiece at Isenheim. (T)

11.45 60 Minute Makeover. Claire Sweeney calls upon designer Kathryn Rayward and her DIY team to transform a flat above a pub in south London; (R) (T) ITV News Headlines.

12.40 Don't Move, Improve. (R) (T) 1.15 Don't Move, Improve. (R) (T) 1.50 Coming Home. (R) (T) 3.25 ITV Nightscreen.



LOCAL

RTPI
06.30 Espaço Infantil 07.05 Brinca Comigo 08.00 Bom Dia 10.00 Eucarástica Domingo 11.00 Sentido do Gosto 11.30 Desafio Verde 12.30 Mr. Bean 13.00 News14.15 Os Vídeos 15.15 Unidade Especial 16.00 2.º Eurovision Dance Festival 2008 18.05 O Preço Certo 19.00 Vila Faia 20.00 News 21.00 As Escaladas 21.30 A Procura de Sally 22.30 Os Contemporâneos 23.15 Romeos&Juliet 01.30Paralímpic Games 02.00 Film: Etre Et Avoir 04.00 Os Vídeos 05.00 As Cataratas do Iguaçu 06.05 Nôs

RTP2
07.00 Euronews 07.30 África@iglobal 08.00 Música de África 09.00 Caminhos 09.30 70x7 10.00 Nôs 11.00 Da Terra ao Mar 11.30 Consigo 12.00 Vida por Vida 12.30 Olhar o Mundo 13.00 Sempre em Pé - Vídeos 13.30 Bombardo 14.00 Os Amigos de Brian 14.05 A Voz da Cidadão 15.00 Desporto 2.18.05 Parolímpic Games 19.00 Arte e Emoção 19.30 A Alma e a Gente 20.00 Bombardo 21.00 Terra 22.00 News 22.40 Kuduro o Fogo no Museu 23.30 Britcom 00.30 Onça-certa 01.15 Kim Zero 01.45 Desporto 05.45 Euronews

SIC
06.00 Etnias 06.30 SIC Kids 08.30 Disney Kids 10.00 Power Overdrive 10.30 Programa da Lucy 12.00 BBC Wildlife: Tiger - Spy in the Jungle 13.00 News 14.00 Red Bull Air Race Porto 17.30 Film: Drive In 20.00 News 21.30 Grande Reportagem SIC 21.30 Os Malucos do Risco 22.30 Chamar a Música 00.00 Film: TBA 02.15 Todos em Linha 04.30 Amazônia

TVI
7.00 Kids TV 09.30 O Bando dos 4 10.30 Detective Maravilhas 11.15 Mass: Cova da Iria - Fatima 12.30 8º Dia 13.00 News 14.00 Film: Search for Neverland 16.00 Film: The Cheetah Girl 18.00 Film: O Agente Disfarçado 2.20.00 News 21.30 A Outra 22.45 Casos da Vida 00.30 Film: Quatro Irmãos 02.30 Sempre A Somar 04.00 Numéros 01.05.00 Televidas 06.30 Todos Iguais

Best of the Rest

BBC3
7.00 The Real Hustle 7.30 The Real Hustle 8.00 Don't Tell the Bride 9.00 Spooks: Code 9.50 Family Guy 10.15 Family Guy 10.35 Two Pints of Lager and a Packet of Crisps 11.05 Two Pints of Lager and a Packet of Crisps 11.35 How Not to Live Your Life 12.05 The Wrong Door 12.35 Don't Tell the Bride 1.35 Spooks: Code 9.25 Two Pints of Lager and a Packet of Crisps 2.55 Two Pints of Lager and a Packet of Crisps 3.25 How Not to Live Your Life 3.55 The Real Hustle 4.25 The Real Hustle 4.55 Close

BBC4
7.00 Coal House 7.30 Proms on Four 2008 9.20 Imagine 10.20 Call the Cops 10.50 Between the Lines 11.50 They Came From Manchester: The Story of Mancunian Pop 12.50 Factory: Manchester from Joy Division to Happy Mondays 2.20 Proms on Four 2008 4.10 Close

ITV2
1.40 Film: Ice Age U (2002) 3.05 Coronation Street 6.00 The X Factor 7.00 The Xtra Factor 8.00 TV's Funniest Music Moments 9.00 Film: Ice Age U (2002) 10.35 Film: Instinct 1.5 (1999) 1.00 CelebAir 2.00 The Xtra Factor 2.50 Entourage 3.20 Entourage 3.45 Teleshopping 5.45 ITV2 Nightscreen

Sky One
2.00 The Championship Gaming Series 3.00 Malcolm in the Middle 3.30 Malcolm in the Middle 4.00

Futurama 4.30 Futurama 5.00 Futurama 5.30 The Simpsons 6.00 The Simpsons 6.30 The Simpsons 7.00 Hairspray - The School Musical 8.00 Film: Grease PG (1978) 10.10 Gladiators 11.40 Ross Kemp on Gangs 12.40 Road Wars 1.40 Street Wars 2.30 The Villa 3.20 Mile High 4.15 Ibiza Uncovered 5.10 Guilty!

UKTV Gold
1.25 Only Fools and Horses 3.30 Only Fools and Horses 4.45 Only Fools and Horses 5.25 Only Fools and Horses 6.05 Only Fools and Horses 6.45 Only Fools and Horses 7.25 Only Fools and Horses 9.00 Jonathan Creek 10.05 Jonathan Creek 11.10 Jonathan Creek 12.15 Only Fools and Horses 2.00 Film: Columbo: How to Dial a Murder PG (1978) 3.15 Film: Columbo: Murder Under Glass PG (1978) 4.25 Film: Columbo: The Bye-Bye Sky-High IQ Murder Case U (1977) 5.35 Neighbours

TCM
1.00 The Miniver Story U (1950) 3.00 Ben-Hur PG (1959) 6.40 Northwest Passage PG (1940) 9.00 The Elephant Man PG (1980) 11.20 Shaft 1.5 (1971) 1.15 Cool Breeze 1.5 (1972) 3.20 Out of the Fog PG (1941) 5.00 A Yank at Oxford U (1938)

The Disney Channel
Kids' programmes from 7am, except: 4.00 Film: Halloweentown U (1998) Spooky adventure. Debbie Reynolds stars.

MOVIES

Sky Movies Drama

6.00 The End of Eden PG (1998) 7.45 A Mother's Testimony 1.5 (2000) 9.30 Runnin' Home 1.5 (1999) 11.15 Columbo: Agenda for Murder PG (1990) With Peter Falk. 1.00 Drama Close Up 1.30 Up Close and Personal 1.5 (1996) With Michelle Pfeiffer. 3.45 Goya's Ghosts 1.5 (2006) With Javier Bardem. 5.45 35MM 6.15 A Thousand Acres 1.5 (1997) With Michelle Pfeiffer. 8.00 Becoming Jane PG (2006) With Anne Hathaway. 10.00 Zodiac 1.5 (2007) With Jake Gyllenhaal. 12.45 Rumble Fish 1.8 (1983) With Matt Dillon. 2.30 Billy Bathgate 1.5 (1991) With Dustin Hoffman. 4.30 Deep Family Secrets PG (1997)

Sky Movies Comedy

6.10 Christmas Do-Over PG (2006) 7.45 Expiration Date 12 (2006) 9.25 Three Men and a Baby PG (1987) 11.15 The Simpsons Movie Special 11.45 The Pink Panther PG (2006) With Steve Martin. 1.20 Austin Powers: The Spy Who S***** Me 12 (1999) With Mike Myers. 3.00 10 Things I Hate About You 12 (1999) With Heath Ledger. 4.40 Three Men and a Baby PG (1987) With Tom Selleck. 6.25 The Pink Panther PG (2006) With Steve Martin. 8.00 Austin Powers: The Spy Who S***** Me 12 (1999) With Mike

Myers. 9.45 National Lampoon's Animal House 15 (1978) With John Belushi. 11.40 10 Things I Hate About You 12 (1999) With Heath Ledger. 1.25 Harlem Nights 1.8 (1989) With Eddie Murphy. 3.25 National Lampoon's Animal House 15 (1978) 5.20 Expiration Date 12 (2006)

Sky Movies Action
6.00 The Mask of Zorro PG (1998) 8.20 Rob Roy 1.5 (1995) 10.45 Fracture 1.5 (2007) 12.45 Deja Vu 12 (2006) With Denzel Washington. 2.55 Rob Roy 1.5 (1995) With Liam Neeson. 5.20 Johnny Handsome 1.5 (1989) With Mickey Rourke. 7.00 Fracture 1.5 (2007) With Anthony Hopkins. 9.00 Deja Vu 12 (2006) With Denzel Washington. 11.10 The Last Boy Scout 1.8 (1991) With Bruce Willis. 1.00 American Ninja 1.8 (1985) With Michael Dudikoff. 2.40 Mean Guns 1.8 (1997) With Christopher Lambert. 4.25 The Mask of Zorro PG (1998)

Sky Sports 1

6.00 International Football 7.30 International Football 9.30 The Sunday Supplement 11.00 Goals on Sunday 12.30 Champions League Weekly 1.00 Live Premiership Rugby 1.00 Northampton Saints v Worcester Warriors (Kick-off 1.30pm). 3.30 Live Premiership Rugby Union. Gloucester v Leicester Tigers (Kick-off 4.00pm). 6.00 Champions League Weekly 6.30 Live Masters Football. The Grand Final. 9.30 Live US Open Tennis. The men's singles final. 12.30 Champions League Weekly 1.00 Max Power 2.00 Live Internatinal Football. Chile v Brazil (Kick-off 2.00am). 4.30 World Sport 5.00 Watersports World

Sky Sports 2

6.00 Max Power 7.00 World Sport 7.30 Super League 9.30 NASCAR 12.00 Live European Tour Golf. The European Masters. 4.00 Champions League Weekly 4.30 NFL: Total Access 5.30 NFL: Who Is? 6.00 Live NFL: New Orleans Saints v Tampa Bay Buccaneers (Kick-off 6.00pm). 9.00 Live NFL: Cleveland Browns v Dallas Cowboys (Kick-off 9.15pm). 12.30 NFL: Top 10 1.15 Live NFL: Indianapolis Colts v Chicago Bears (Kick-off 1.15am). 4.30 Close

Sky Sports 3

6.00 Wild Spirits 6.30 Golf Night 8.30 World Sport 9.00 WWE: Afterburn 10.00 WWE

SPORT

Vintage Collection 11.00 Wild Spirits 11.30 Racing News 12.00 Sky Sports Classics 12.30 Live Cricket. Leicestershire Foxes v Northamptonshire Steelbacks. 6.30 Sky Sports Classics 7.00 World Sport 7.30 Golf Night 9.30 Champions League Weekly 10.00 WWE: Experience 11.00 WWE: Late Night - Afterburn 12.00 WWE Vintage Collection 1.00 Live WWE Wrestling: Unforgiven. From the Quicken Loans Arena in Ohio. 4.00 Close

British Eurosport

7.30 US Open Tennis 10.00 World Superbikes 10.30 Live World Superbikes. The European Grand Prix at Donington Park. 4.30 Live Athletics. The IAAF Grand Prix meeting in Rieti, Italy. 6.15 Cycling: Vuelta a Espana 6.45 Motorsports Weekend 7.00 International Football 7.45 Live WWE Wrestling: 8.30 International Football 9.30 World Superbikes 11.15 Cycling: Vuelta a Espana 12.15 Motorsports Weekend 12.30 Beach Volleyball 1.30 Close

Sky Sports Xtra

6.00 Watersports World 7.00 Rally Fever 8.00 US Open Tennis 11.00 Super League 1.00 US Open Tennis 4.00 Wild Spirits 4.30 WWE: Experience 5.30 US Open Tennis 8.30 Live Indy Racing League. The Peak Antifreeze Indy 300. 11.00 Rugby Union 1.00 Golf Night 3.00 Close

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Sorry to see you leave Portugal Tom and Linda. You will be missed.

From: All your friends

MON

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8 SEP

BBC1

6.00 Breakfast. (T) 9.15 Helicopter Heroes. (T) 10.00 Homes Under the Hammer. (T) BBC News; Weather. (T) 11.00 Open House. (T) 11.30 Car Booty. (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: LazyTown. (R) (T) 3.30 CBBC: What's New Scooby-Do? (R) (T) 3.50 Eliot Kid; (R) (T) The Owl. (R) (T) 4.05 Gina's Laughing Gear; (R) (T) Bernard. (R) (T) 4.35 Grange Hill. (T) 5.00 Newsround. (T)

5.15 Weakest Link. (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 After You've Gone. Jimmy receives a letter from school, prompting him to help Alex realise his potential. With the attention on her brother, Molly relishes the fact that her behaviour goes virtually unnoticed. (R) (T)

8.00 EastEnders. Bianca receives good news, and Max agrees not to contest the divorce, while Callum organises a "fighterise" event - which Jane uses as a convenient excuse to meet her mystery date. (T)

8.30 Panorama. Jeremy Vine reports on the plight of the Amazon rainforest, asking whether the global money markets can do anything to halt their destruction by placing a financial value on the region's importance to the world's ecology. (T)

9.00 New Tricks. The team are asked to reinvestigate the 1975 death of a union leader, whose body was found in the Thames. As they delve deeper into the case, a financial scandal involving misappropriated funds is uncovered and a Labour peer points the finger of suspicion at the victim's deputy, but Brian's increasingly erratic behaviour threatens to hamper the inquiry. Frances Barber, Kenneth Cranham and Dave Hill guest star. (R) (T)

10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 The Dark Side of Fame with Piers Morgan. New series. The former newspaper editor looks at the negative aspects of life in the spotlight, beginning with Former Baywatch pin-up Pamela Anderson, who discusses her road to fame, including how her then husband Tommy Lee's unpredictable behaviour led to her calling the police, and the Internet broadcast of their infamous sex tape. (T)

11.20 FILM: Confessions of a Dangerous Mind (2002). Fact-based comedy drama, starring Sam Rockwell; (T) Autumnwatch Weatherview. (T)

1.10 Sign Zone: Who Do You Think You Are? (R) (T) 2.10 Sign Zone: Antiques Roadshow. (R) (T) 3.10 Sign Zone: The Cup. (R) (T) 3.40 Sign Zone: Cash in the Celebrity Attic. (R) (T) 4.25 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Dogstar. (R) (T) 7.25 Newsround. (T) 7.30 Batfink. (R) (T) 7.35 Trapped. (R) (T) 8.05 Mortified. (R) (T) 8.30 CBeebies: Bob the Builder: Project Build It. (R) (T) 8.40 Boogie Beebies. (R) (T) 9.00 Mister Maker. (R) (T) 9.20 Something Special. (R) (T) 9.40 Little Red Tractor; (R) (T) Pingu. (R) (T) 10.00 In the Night Garden. (R) (T) 10.30 Coast. (T) 10.35 FILM: Just My Luck (1957). Madcap comedy, with Norman Wisdom. (T) (bw) 12.00 What Are You Like? (T) 12.30 Working Lunch. (T) 1.00 Out of the Blue. (T) 1.25 Coast. (T) 1.30 Britain's Dream Homes. (T) 2.15 Animal 24/7. (R) (T) 3.00 Murder. She Wrote. (R) (T) 3.45 Flog It! (T) 4.30 Step Up to the Plate. (T) 5.15 Wanted Down Under. (R) (T) 6.00 Eggheads. (R) (T) 6.30 MasterChef - The Professionals. (T) 7.00 Paralympics 2008: Games Today. Highlights of athletics, track cycling and swimming. (T) 8.00 University Challenge. Murray Edwards College, Cambridge, take on the University of Sheffield. (T) 8.30 The Hairy Bakers. Dave Myers and Simon King look at celebration cakes. Last in series. (T) 9.00 Dragons' Den. Ideas pitched include an innovative dog bowl and a nozzle for fuel cans to prevent spillage. Plus, a look back at some of the most memorable investments. Last in series. (T) 10.00 Harry & Paul. Comedy sketch show. (R) (T) 10.30 Newsnight; Weather. (T) 11.20 Bookmark. (R) (T) 12.05 Ellery Queen. (R) (T) 12.55 BBC News. (T) 4.00 BBC Learning Zone. (T)

Pick of the Day

Top Trumps (five, 7.30pm)

They say nostalgia ain't what it used to be, but in the case of this new series, the revamped version of a classic could be miles better than the original. Instead of using the much-loved cards (as we did happily in the simpler 1970s), hosts Robert Llewellyn and Ashley Hames will be filling their heads with facts and figures and hoping to 'trump' the other at the end of each programme. They begin by trying to learn everything they can about the world of luxury yachts. Llewellyn turns to heroine of the open water, Ellen MacArthur, for help, and aims to absorb as many statistics about her world-class Imoca Open 60 racing yacht as possible. However, the veteran presenter gets more than he bargained for when the vessel banks during the speed test. Meanwhile, Hames opts to visit the Mediterranean, where he gets to grips with a £6million Pershing speedboat. The youthful presenter is quickly up to his eyeballs in gadgets and gizmos, but before he can completely immerse himself in a vessel that wouldn't be out of place in a Bond film, he has to find out how fast it goes. Maybe someone ought to have reminded him to hang on tight! At the end of the show, Llewellyn and Hames battle it out, but which of them will get the fabled 'top trump'?

C4

5.55 Inuk. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.25 Everybody Loves Raymond. (R) (T) 7.55 Just Shoot Me. (R) (T) 8.25 Will & Grace. (R) (T) 8.55 Frasier. (R) (T) 9.25 Frasier. (R) (T) 9.55 ER. (R) (T) 10.55 Without a Trace. (R) (T) 11.55 Bright Young Wonders. (R) (T) 12.00 News at Noon. (T) 12.30 Property Ladder. (R) (T) 1.35 British Made. (R) (T) 1.45 FILM: Death Drums Along the River (1963). Murder mystery, starring Richard Todd. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Wogan's Perfect Recall. (T) 5.30 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Holyoaks. (T) 6.40 Channel 4 News. (T) 7.55 3 Minute Wonder: Shorelines. New series. Migration from West Africa to the Canary Islands. (T) 8.00 Dispatches: Hope for the Last Chance Kids. An update on the Essex children taught to read by synthetic phonics. (T) 9.00 The Price of Property. New series. The social history of the housing market. (T) 10.00 FILM: Keeping Mum (2005). Premiere. A vicar is kept on his toes by his dysfunctional family, until the arrival of a housekeeper gives them a much-needed wake-up call. Comedy, starring Rowan Atkinson. (T) 12.00 The Shooting Party. (R) (T) 12.30 4Music: 4Play: Glasvegas. (T) 12.45 4Music: JD Set Presents Friendly Fires. (R) (T) 1.00 Personal Services Required. (R) (T) 2.00 3 Minute Wonder: CCTV Nation. (R) (T) 2.05 Dispatches: The Truth About Street Weapons. (R) (T) 3.05 3 Minute Wonder: Tracey's Postcards. (R) (T) 3.10 Dispatches: Undercover Mosque - The Return. (R) (T) 4.05 St Elsewhere. (R) (T) 4.55 Grudge Match. (R) (T) 5.05 Salvage Squad. (R) (T)

FIVE

6.00 Milkshake! The Save-Ums! (R) (T) 6.10 Franny's Feet. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Harry and His Bucket Full of Dinosaurs. (R) (T) 6.45 Milkshake! Music Box. (R) (T) 6.55 Mio Mao. (T) 7.00 Funky Valley. (R) (T) 7.05 Hana's Helpline. (R) (T) 7.15 Roary the Racing Car. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowerpots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Thomas & Friends. (T) 8.35 Bert and Ernie's Great Adventures. (T) 8.45 Little Princess. (R) (T) 8.50 Pocoyo. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Behind Closed Doors. (T) 12.30 five news. (T) 12.45 House. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.45 Zoo Days. (T) 3.05 The Family Recipe. (R) (T) 3.10 FILM: The Promise (1999). Drama, starring Isabella Hofmann. (T) 5.00 five news; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Animal Rescue Squad. (T) 7.00 five news. (T) 7.30 Top Trumps. New series. Using machinery to bring the Top Trumps card game to life. (T) 7.30 five news update. (T) 8.00 Fifth Gear. Ricky Hutton brings his Reliant three-wheeler for a makeover; (T) 8.00 five news at 9.00 Extreme Fishing with Robson Green. The actor catches catfish on the Tennessee River. (T) 10.00 Bob Monkhouse's Comedy Heroes. Funnymen discuss their influences, beginning with another chance to see Bob Monkhouse's favourite comedy clips assembled from a lifetime in showbusiness. (R) (T) 11.05 FILM: Risky Business (1983). Comedy, starring Tom Cruise. (T) 1.00 Live NFL. Green Bay Packers v Minnesota Vikings and Oakland Raiders v Denver Broncos (Kick-off 3.15am). 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 A Touch of Frost. (R) (T)

5.00 Britain's Best Dish. The programme visits the North East as the next round of heats begin. Competitors rustle up dishes including fish pie. Thai chocolate mousse and Yorkshire ginger parkin as they attempt to impress judges Ed Baines, Jilly Golden and John Burton Race. Presented by Mark Nicholas. (T)

6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Bob's life goes from bad to worse as he tries to get Nicola and Val to reconsider their legal action against him - and Viv later declares she doesn't want him to visit her again. Pollard gives Lexi a job at the factory, and Jimmy hires Zak to drive Scarlett to school - but she has other ideas and goes shopping instead. (T)

7.30 Coronation Street. Liam celebrates his new venture, unaware Carla has struck a deal with Tom for a 25 per cent stake in the business. Mel embarks on her first day as a fully fledged policewoman, and in the midst of arranging his grandmother's funeral, John snubs Fizz. A lovesick Sean is forced to see the error of his ways. (T)

8.00 A Rubbish Service: Tonight. (T)

8.30 Coronation Street. Liam is furious to discover Carla is now a business partner and insists he wants her out of the deal. Fizz feigns illness at work as she makes plans to join John at the funeral, and Dev decides to end his affair with Nina. Elsewhere, Mel hears news about Abi's operation. (T)
9.00 The Children. The police investigate Emily's death, while flashbacks show how her behaviour grew ever more erratic in the time leading up to her murder. A series of revelations about the eight-year-old girl reveal how she drove her family to despair by abducting her baby sister and making thinly veiled accusations of abuse against step brother Jack. Drama, starring Kevin Whately, Lesley Sharp and Freddie Boath. (T)

10.00 News at Ten and Weather. (T)
10.30 London News and Weather. (T)
10.35 FILM: Blue Velvet (1986). David Lynch's disturbing thriller, with Dennis Hopper. (T)
12.50 Champions League Weekly. (T) 1.15 Nightwatch with Steve Scott; Emergency. (R) (T) ITV News Headlines. 2.10 Loose Women. (R) 3.00 Moving Day. (R) (T) 3.20 Moving Day. (R) (T) 3.45 ITV Nightscreen.

LOCAL

RTP1

0630 Bom Dia Portugal 1000
Verão 2000 1300 News 1415
Amor e Intrigas 1515 Verão 2000
1800 Portugal em Directo 1910 O
Prego Certo 2000 News 2100
Jogo Duplo 2200 Conta-me Como
Foi 2300 Jogo da Semana 0000
Terminator: The Sarah Connor
Chronicles, film 0430 Verão 2000
0605 Nôs

RTP2

07.00 Euronews 07.35 Zig zag
14.00 Sociedade Civil 15.30 O
Homem dos Leões 16.00
Paralímpic Games 17.00 Zig Zag
18.30 A Fé dos Homens 19.00
Eurodeputados 19.45 Zig Zag
20.45 Os Cavaleiros da
Prosperidade 21.45 Paralímpic
Games 21.50 A Hora da Sorte
22.00 News 22.20 Mamaquer,
Bem-me-quer 23.30 Bastardos
00.30 Noites da 2 02.00 Arte &
Emoção 02.45 Eurodeputados
03.30 Sociedade Civil 05.00
Euronews

SIC

06.00 News 08.30 SIC Kids 09.15
Uma aventura na mina 10.00
Fatima 13.00 News 14.15 Como
uma Onda 15.45 Beleza Pura
16.45 Contacto 18.00 Rebelde
Way 19.00 TBA 20.00 News
21.30 Rebelde Way 22.30 Os
Melucios do Risco 23.30 A
Favorita 00.30 Criminal Minds
01.30 CSI: Miami

TVI

07.00 Diário da Manhã 10.15 Você
na TVI 13.00 News 14.00 As
Tardes da Júlia 17.00 Quem Quer
Ganha 18.15 Morangos com
Açúcar Férias Verão V 20.00
News 21.30 Felício de Amor
22.30 A Outra 23.30 Fascínios
00.15 Film: A Máscara do Ninja
02.15 Sempre a somar 03.45 Até
a Morte nos sempre 04.15 TVI
Negócios 04.30 O Império Romano
05.30 Televidens

Best of the Rest

BBC3

7.00 The Real Hustle 7.30
The Real Hustle 8.00 Freaky
Eaters 9.00 Little Britain 9.30
The Wrong Door 10.00
EastEnders 10.30 Spooks:
Code 9 11.20 Family Guy
11.45 Family Guy 12.05 The
Wrong Door 12.35 Money for
Nothing 1.30 The Real Hustle
2.00 The Real Hustle 2.30
Spooks: Code 9 3.20 Don't
Tell the Bride 4.20 Close

BBC4

7.00 World News Today 7.00
Weather 7.30 Proms on Four
2008 9.40 Creating Life on
Mars 10.00 Life on Mars 11.00
Sleepers 11.55 More Dawn
French's Boys Who Do
Comedy 12.25 Strictly
Courtroom 1.55 Proms on
Four 2008 4.05 Close

ITV2

1.00 Emmerdale 1.30 The
Jeremy Kyle Show 2.35 The
Jeremy Kyle Show 3.45 Ricki
Lake 4.30 Sally Jessy
Raphael 5.20 The Montel
Williams Show 6.05 Judge
Judy 7.00 Smallville 8.00
Airline USA 8.30 The Planet's
Funniest Animals 9.00 Hell's
Kitchen USA 10.00 Hell's
Kitchen USA 11.00
Coronation Street 11.30
Coronation Street 12.00 Film:
The Mummy 12 (1999) 2.30
Entourage 3.00 Entertainment
3.30 Teleshopping

Visit the paper
online
www.the-news.net

Sky One

1.00 Project Catwalk 2.00
Bones 3.00 Cold Case 4.00
Stargate Atlantis 5.00
Hairspray - The School
Musical 6.00 Malcolm in the
Middle 6.30 Futurama 7.00
The Simpsons 7.30 The
Simpsons 8.00 The Simpsons
8.30 The Simpsons 9.00 Ross
Kemp on Gangs 10.00 Film:
Rocky II PG (1979) 12.15
Road Wars 1.15 Road Wars
2.05 Scare Tactics 2.30
Stargate SG-1 3.20 Stargate
SG-1 4.15 Brainiac: Science
Abuse 5.10 Guilty!

UKTV Gold

1.20 Last of the Summer Wine
2.00 Yes, Prime Minister 2.40
Keeping Up Appearances 3.20
The Thin Blue Line 4.00 Doctor
Who 5.00 One Foot in the
Grave 5.40 My Family 6.20
The Good Life 7.00 Last of
the Summer Wine 7.40
Keeping Up Appearances 8.20
The Thin Blue Line 9.00
Jonathan Creek 10.05
Jonathan Creek 11.10 Gimme
Gimme Gimme 11.50 The
Worst Week of My Life 12.30
Shark 1.30 Shark 2.25
Baywatch 3.10 Baywatch 3.55
The Bill 4.45 EastEnders 5.15
Neighbours 5.35 Neighbours

TCM

1.00 A Life of Her Own PG
(1950) 3.00 Hotel Paradiso
PG (1966) 4.50 Bhowani
Junction PG (1956) 6.55 The
Sandpiper PG (1965) 9.00
Wise Guys 15 (1986) 10.35
Whose Life Is It Anyway? 15
(1981) 12.45 Shaft's Big
Score 15 (1972) 2.35 Action
in the North Atlantic PG (1943)
5.00 The Gazebo PG (1959)

The Disney Channel

Kids' programmes from 7am,
except:

MOVIES

Sky Movies Drama

6.15 Ice Bound PG (2003) 8.00
The Perfect Wife PG (2000) 9.45
The Starter Wife 11.30 Rest in
Peace, Mrs Columbo PG (1990)
With Peter Falk. 1.15 Beloved 15
(1998) With Oprah Winfrey. 4.15
The Top 10 Show 4.30 Mrs Harris
15 (2005) With Annette Bening.
6.15 The Lake House PG (2006)
With Sandra Bullock. 8.00
Breaking and Entering 15 (2006)
With Jude Law. 10.00 Little
Children 15 (2006) With Kate
Winslet. 12.30 The Gingerbread
Man 15 (1997) With Kenneth
Branagh. 2.30 Whispers in the
Dark 18 (1992) With Annabella
Sciortia. 4.30 Christmas on
Chestnut Street PG (2006)

Sky Movies Comedy

7.00 Bring It On: In It to Win It
12 (2007) 8.35 Last Holiday 12
(2006) 10.30 Pineapple
Express Special 10.45 Wild
Hogs 12 (2007) 12.45 Big Daddy
12 (1999) With Adam Sandler.
2.25 Tenacious D in The Pick
of Destiny 15 (2006) With Jack
Black. 4.05 Last Holiday 12
(2006) With Queen Latifah. 6.05
Pineapple Express Special 6.20
Bring It On: In It to Win It 12
(2007) With Ashley Benson.
8.00 Big Daddy 12 (1999) With
Adam Sandler. 9.45 Wild Hogs
12 (2007) With John Travolta.
11.30 Tenacious D in The Pick
of Destiny 15 (2006) With Jack
Black. 1.15 Raising Arizona 12
(1987) With Nicolas Cage. 3.00
Chubby Goes Down Under 18
(1998) With Roy 'Chubby'
Brown. 4.30 George and the
Dragon PG (2004)

Sky Movies Action

6.45 Flight of the Intruder
15 (1990) 9.00 The Edge
15 (1997) 11.10 Pirates of
the Caribbean: Dead Man's
Chest 12 (2006) With Johnny
Depp. 1.45 Flight of the
Intruder 12 (1990) With Danny
Glover. 4.00 The Edge 15
(1997) With Anthony Hopkins.
6.10 Pineapple Express Special
6.25 Pirates of the Caribbean:
Dead Man's Chest 12 (2006)
With Johnny Depp. 9.00
Midnight Run 18 (1988) With
Robert De Niro. 11.10 Top Gun
12 (1986) With Tom Cruise.
1.05 Mute Witness 18 (1995)
With Marina Sudina. 2.55
Gridlock'd 18 (1997) With Tupac
Shakur. 4.40 Amber Frey:
Witness for the Prosecution
PG (2005)



Sky Sports 1

6.00 Good Morning Sports
Fans 9.00 International
Football 10.30 US Open
Tennis 1.00 Masters
Football 4.00 International
Football 5.30 Soccer AM:
The Best Bits 6.30 Big
League Weekend 2 7.30
Live Speedway. An Elite
League meeting. 9.30
You're on Sky Sports! 11.00
Big League Weekend 2
12.00 Live NFL. Green Bay
Packers v Minnesota
Vikings (Kick-off 12.00am).
3.00 Live NFL. Oakland
Raiders v Denver Broncos
(Kick-off 3.15am).

Sky Sports 2

6.00 Aerobics Oz Style
6.30 Pipeline Adventures
7.00 Aerobics Oz Style
7.30 Golf Night 9.30 Rugby
Union 11.30 International
Football 1.00 NFL Game Day
2.30 Rugby Union 4.30 Live
Cricket. Glamorgan
Dragons v Derbyshire
Phantoms. 10.00 Show
Jumping 11.00 Carp
Academy 11.30 Pipeline
Adventures 12.00 Wild
Spirits 12.30 Soccer AM:
The Best Bits 1.30 Big
League Weekend 2 2.30
Sailing 3.00 World Motor
Sport 5.30 Close

Sky Sports 3

7.00 WWE: Bottom Line
8.00 Masters Football
11.00 WWE: Afterburn
12.00 WWE: Vintage
Collection 1.00 WWE:
Experience 2.00 WWE:
Afterburn 3.00 WWE

Sky Sports 1

Vintage Collection 4.00
WWE: Bottom Line 5.00
WWE: Raw 7.00 WWE:
Smackdown 9.00 WWE
Wrestling: Unforgiven
12.00 Speedway 2.00 Live
WWE: Late Night - Raw.
Wrestling action from the
States. 4.15 You're on Sky
Sports! 5.45 Close

British Eurosport

7.30 Motorsports Weekend
7.45 Beach Volleyball 8.45
Athletics 10.00 Live
Paralympic Games.
Coverage of the Games
from Beijing. 11.15 US
Open Tennis 12.30 US
Open Tennis 2.00 Cycling:
Vuelta a Espana 3.00 Live
Cycling: Vuelta a Espana.
Coverage of the ninth
stage of the Tour of Spain.
4.30 US Open Tennis 6.00
International Football 7.00
Eurogoals 7.15 Cycling:
Vuelta a Espana 8.15
World Superbikes 10.00
International Football
11.00 Cycling: Vuelta a
Espana 12.00
International Football
12.45 Close

Sky Sports Xtra

6.30 Rugby Union 8.30 Indy
Racing League 11.00
Aerobics Oz Style 11.30
Racing News 12.00 Pipeline
Adventures 12.30 Golf
Night 2.30 NFL: Top 10 3.30
NFL Game Day 5.00 US
Open Tennis 7.30
International Football 9.00
NFL Game Day 10.30 World
Motor Sport 1.00 Pipeline
Adventures 1.30 Wild
Spirits 2.00 Carp Academy
2.30 Close

Not sure what to do at the weekend? See pages 46 - 47



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PAT Care

See page 64

TUE

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9 SEP

BBC1

6.00 Breakfast. (T) 9.15 Helicopter Heroes. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 Open House. (T) 11.30 Car Booty; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: LazyTown. (R) (T) 3.30 CBBC: What's New Scooby-Doo? (R) (T) 3.50 Eliot Kid; (R) (T) The Owl. (R) (T) 4.05 Hedz. (R) (T) 4.35 Roman Mysteries. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson oversees the back-stabbing general knowledge quiz, as contestants try to weed out the weaklings and walk off with a cash prize. (T) 6.00 BBC News; Weather. (T) 6.30 Regional News Programmes; Weather. (T) 7.00 The ONE Show. (T)

7.30 EastEnders. Max and Suzy throw a housewarming party, and Ian suspects Jane is keeping something from him. Whitney unveils a dubious money-making scheme, and Ricky is taken back by a photograph of Morgan's father, while Stacey makes it clear to Bradley that she's not interested in becoming friends with Callum; (T) BBC News; Regional News. (T)

8.00 Holby City. Jayne and Linden are called before the board to defend the Tans' treatment, but find the directors sceptical that Holby has the staff or equipment to cope. Jac delves deeper into Faye's personal life by inveigling her way into the private hospital where Archie is being cared for, and Donna tries to impress Elliot in her bid for promotion to scrub nurse. (T)

9.00 Mutual Friends. When Leigh's house is repossessed, Jen invites her and her sons to come and stay, frustrating Martin's efforts to resume marital relations. Patrick and Liz spend a drunken night together, and a trip to the local snooker hall has unfortunate consequences. Anita and Dev celebrate their anniversary, but he makes romantic overtures to a guest, and Patrick plans to launch a global clothing company. (T)

10.00 BBC News. (T) 10.25 Regional News; Weather. (T) 10.35 FILM: Captain Corelli's Mandolin (2001). Romantic wartime drama, starring Nicolas Cage; (T) Weatherview. (T)

12.40 Sign Zone: See Hear. (R) (T) 1.10 Sign Zone: Jimmy Doherty's Farming Heroes. (R) (T) 2.10 Sign Zone: Trawlermen. (R) (T) 2.40 Sign Zone: The Hairy Bakers. (R) (T) 3.10 Sign Zone: Chinese Food Made Easy. (R) (T) 3.40 Sign Zone: Cash in the Celebrity Attic. (R) (T) 4.25 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Dogstar. (R) (T) 7.25 Newsround. (T) 7.30 Battfink. (R) (T) 7.35 Trapped. (R) (T) 8.05 Mortified. (R) (T) 8.30 CBeebies: Bob the Builder: Project Build It. (R) (T) 8.40 Boogie Biebies. (R) (T) 9.00 Mister Maker. (R) (T) 9.20 Something Special. (R) (T) 9.40 Little Red Tractor; (R) (T) Pingu. (R) (T) 10.00 in the Night Garden. (R) (T) 10.30 What the Victorians Did for Us. (T) 10.35 FILM: My Favourite Wife (1940). Screwball comedy, starring Gary Grant. (T) (bw) 12.00 What Are You Like? (T) 12.30 Working Lunch. (T) 1.00 Out of the Blue. (T) 1.25 Coast. (T) 1.30 Britain's Dream Homes. (T) 2.15 Animal 24/7. (R) (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (T) 4.30 Step Up to the Plate. (T) 5.15 Wanted Down Under. (R) (T) 6.00 Eggheads. (R) (T) 6.30 MasterChef - The Professionals. (T) 7.00 Paralympics 2008: Games Today. Highlights include wheelchair basketball, athletics and swimming. (T) 8.00 Nigella Express. The chef prepares chicken cacciatore, linguine with lemon, garlic and mushroom sauce, Calabrian lamb cutlets in spicy marinade and masala honey pears with Gorgonzola. (R) (T) 8.30 Maestro. The live grand final of the competition, presented by Clive Anderson. (T) 10.00 Mercury Prize 2008 Live. The annual awards ceremony at London's Grosvenor House Hotel. (T) 10.30 Newsnight; Weather. (T) 11.20 The Supersizers Go. (R) (T) 12.20 BBC News. (T) 4.00 BBC Learning Zone. (T)

Pick of the Day

The National Movie Awards 2008 (ITV1 Granada, 8pm)

Are we a nation of movie lovers? It seems so. This year, the British public has spent a fortune on going to see various blockbusting films, despite the fact it costs an arm and a leg to do so. How a family can afford to keep up with the latest releases, especially when you consider extra costs, such as petrol to get there, plus popcorn, soft drinks, hot dogs and the like, is a mystery, but nevertheless, many manage it. The summer has been dominated by two very different offerings — The Dark Knight and Mamma Mia! Although Christopher Nolan's comic-book adaptation has beaten its rival in terms of box-office takings, millions have flocked to see the Abba-inspired musical. No doubt some were intrigued by how well such A-listers as Meryl Streep and Pierce Brosnan would cope with singing their numbers, and the answer to that is, well, mixed. While Meryl is superb, Pierce and his male co-stars have an air of plucky amateur about them which, oddly, is rather charming. But they're not the only films in the running for major trophies at the ceremony. Expect the likes of Enchanted, Sweeney Todd: The Demon Barber of Fleet Street, Sex and the City and Wall-e to crop up too. James Nesbitt hosts the proceedings.

C4

6.05 Making It. (R) 6.10 The Hoobs. (R) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Will & Grace. (R) (T) 9.00 Frasier. (R) (T) 9.30 Frasier. (R) (T) 9.55 ER. (R) (T) 10.55 Without a Trace. (R) (T) 11.45 Supporting Acts. (R) (T) 12.00 News at Noon. 12.30 Property Ladder. (R) (T) 1.35 FILM: My Darling Clementine (1946). Western, starring Henry Fonda. (T) (bw) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Wogan's Perfect Recall. (T) 5.30 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Shorelines. African migrants travelling to the Canary Islands. (T) 8.00 The Sex Education Show. New series. Anna Richardson explores attitudes to sex, hearing what Britons of all ages know, think and do in the bedroom, and examining the rise in STIs, teenage pregnancy and pornography. (T) 9.00 The Secret Millionaire. A haulage industry tycoon goes undercover at a housing estate in Rochdale. (T) 10.00 Other People's Breast Milk. Kate Garraway investigates cross-feeding among nursing mothers. (T) 11.05 Reaper. (T) 12.05 Midnight Madness. 1.35 British Superbike Championship. (R) (T) 2.25 KOTV. (T) 2.50 The British GT Championship. (R) (T) 3.40 The Highlander Challenge World Championship. (R) (T) 4.30 Freesports on 4. (R) (T) 5.20 FIVB Beach Volleyball. (T)

FIVE

6.00 Milkshake! The Save-Ums! (R) (T) 6.10 Franny's Feet. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Harry and His Bucket Full of Dinosaurs. (R) (T) 6.45 Milkshake! Music Box. (R) (T) 6.55 Mio Mao. (T) 7.00 Funky Valley. (R) (T) 7.05 Hana's Helpline. (R) (T) 7.15 Roary the Racing Car. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowerbots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Thomas & Friends. (T) 8.35 Bert and Ernie's Great Adventures. (T) 8.45 Little Princess. (R) (T) 8.50 Pocoyo. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (R) (T) 11.30 Behind Closed Doors. (T) 12.30 five news. (T) 12.45 House. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Zoo Days; (T) five news update. (T) 3.10 FILM: Broken Promises: Taking Emily Back (1993). Fact-based drama, with Cheryl Ladd. (T) 5.00 five news; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Animal Rescue Squad. (T) 7.00 five news. (T) 7.30 Highland Emergency. An RAF crew battle high winds to rescue an injured climber; (T) 7.30 five news update. (T) 8.00 Who Really Killed Jesus? Re-examining Pilate's role in the most famous trial in history; (T) 8.00 five news at 9.00 CSI: Miami. A solar eclipse provides the perfect cover for a killer to strike. (T) 10.00 CSI: NY. An unpopular woman is found dead under an ice sculpture. (R) (T) five news update. (T) 11.00 Law & Order: Special Victims Unit. (R) (T) 12.00 FBI Files. (R) (T) 1.00 Disorderly Conduct. (T) 2.00 Athletics. 2.50 NASCAR. 3.40 US Tour Golf. 4.30 European Seniors Tour Golf. 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 A Touch of Frost. (R) (T)

5.00 Britain's Best Dish. Ed Baines, Jilly Goodlen and John Burton Race judge more dishes by amateur cooks from the North Eastern region, including nettle and wild garlic soup and Union Jack chicken. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Edna grows concerned for Bob and urges the villagers to suspend the legal action against him, but Nicola still refuses. Jimmy learns Scarlett has not been going to college and takes his anger out on Zak and Debbie when he realises they were in on it. Lisa considers applying for a promotion at the factory, but finds herself competing with Lexi - who uses dirty tricks to get ahead. (T)

8.00 The National Movie Awards 2008. From London's Royal Festival Hall, James Nesbitt hosts this awards ceremony celebrating the most successful movies of the past year, in which all the prizes will be awarded by public vote. Nominated films include The Dark Knight, Indiana Jones and the Kingdom of the Crystal Skull, Mamma Mia! and Sex and the City. Stars including Will Smith, Christian Bale, Harrison Ford, Meryl Streep, Johnny Depp and Pierce Brosnan will be hoping to receive honours for their individual performances. The show also features a preview of the coming season's major releases. (T)

10.00 News at Ten and Weather. (T)

10.25 London News and Weather. (T)

10.35 Comedy Classics: On the Buses. New series exploring memorable sitcoms, featuring interviews with members of the cast, the writers and celebrity fans. The first programme looks back at On the Buses, which revolves around lovable bus driver Stan Butler, his down-to-earth family, best friend and colleague Jack and their arch-enemy Inspector Blakey. The programme also includes classic episode Brew It Yourself. Narrated by Ronni Ancona. (T)

11.35 Superhuman: World's Smallest People. An insight into the lives of some of the smallest people on the planet, revealing how they deal with everyday issues such as shopping, illness and romance. (R) (T)

12.35 Premiership Rugby Union. 1.50 LA Dragnet; (T) ITV News Headlines. 2.35 Loose Women. (R) 3.25 The Jeremy Kyle Show. (R) (T) 4.20 ITV Nightscreen.

LOCAL

RTP1

06.30 Bom Dia Portugal 10.00 Verão Total 13.00 News + Weather 14.15 Aor e intrigas 15.15 Verão Total 18.00 Portugal em Directo 19.10 O Preço Certo 20.00 News 21.00 Notas Solitas 21.30 Jogo Duplo 22.30 Programa a designar 01.00 Paraolímpic Games - Pequim 2008 01.30 Film: Susan's Plan 03.30 Verão Total 06.05 Nós

RTP2

07.00 Euronews 07.35 Zig Zag 14.00 Sociedade Civil 15.30 O Homem dos Leões 16.00 Paraolímpic Games 17.00 Zig Zag 18.30 A Fé dos Homens 19.00 20.10 19.45 Fíg Zag 20.45 Os Cavaleiros da Prosperidade 21.45 Paraolímpic Games 21.50 A Hora da Sorte 22.00 News 22.40 Grey's Anatomy 23.30 O Homem em Queda 00.30 Notícias da 2.02.00 A Alma e a gente 02.30 20.10 03.30 Sociedade Civil 05.00 Euronews

SIC

06.00 News 08.30 SIC Kids 09.15 Uma aventura na mina 10.00 Fatima 13.00 News 14.15 Como uma Onda 15.45 Beleza Pura 16.45 Contacto 18.00 Rebelde Way 19.00 TBA 20.00 News 21.30 Rebelde Way 22.30 Os Melucos do Risco 23.30 A Favorita 00.30 Criminal Minds 01.30 CSI: Miami

TVI

07.00 Diário da Manhã 10.15 Vóce na TVI 13.00 News 14.00 As Tardes da Júlia 17.00 Quem Quer Ganhar 18.00 Football Portugal v Rep. Ireland 20.00 News 21.30 Feitico de Amor 22.30 A Outra 23.30 Fascínios 00.15 Film: Câmara Undiscreta 02.15 Sempre a somar 03.45 Até a Morte nos sempre 04.15 TVI Negócios 04.30 O Império Romano 05.30 Televidas

Best of the Rest

BBC3

7.00 The Real Hustle 7.30 The Real Hustle 8.00 Dog Bortal 9.00 Don't Tell the Bride 10.00 EastEnders 10.30 How Not to Live Your Life 11.00 Family Guy 11.25 Family Guy 11.45 Don't Tell the Bride 12.45 Dog Bortal 1.40 How Not to Live Your Life 2.10 The Real Hustle 2.40 The Real Hustle 3.10 Money for Nothing 4.10 Close

BBC4

7.00 World News Today 7.00 Weather 7.30 The Sky at Night 8.00 Wild China 9.00 That Mitchell and Webb Look 9.30 Flight of the Conchords 10.00 Call the Cops 10.30 A for Andromeda 11.55 Edwardians in Colour: The Wonderful World of Albert Kahn 12.55 Call the Cops 1.25 The Sky at Night 1.55 A for Andromeda 3.20 Call the Cops 3.50 Close

ITV2

1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.20 The Montel Williams Show 6.05 Judy 6.30 Film: The Mummy 12 (1999) 9.00 CelebAir 10.00 Katy Brand's Big Ass Show 10.30 Film: Primal Fear 18 (1996) 1.00 Entourage 1.35 Entourage 2.05 Celebrity Entourage: The Locker Room 2.55 Teleshopping 5.55 ITV2 Nightscreen

Sky One

1.00 Project Catwalk 2.00 Bones 3.00 Cold Case 4.00 Stargate Atlantis 5.00

American Gladiators

6.00 Malcolm in the Middle 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 Stargate Atlantis 9.00 UK Border Force 10.00 Prison Break 11.00 Inside Prisons 12.00 Road Wars 1.00 Road Wars 1.50 Australia Uncovered 2.40 Stargate SG-1 3.30 Stargate SG-1 4.20 Brainiac: Science Abuse 5.10 Guilty! UKTV Gold 1.20 Last of the Summer Wine 2.00 The Two Ronnies Sketchbook 2.40 Keeping Up Appearances 3.20 Some Mothers Do 'Ave 'Em 4.00 Doctor Who 5.00 One Foot in the Grave 5.40 My Family 6.20 The Good Life 7.00 Last of the Summer Wine 7.40 Keeping Up Appearances 8.20 Some Mothers Do 'Ave 'Em 9.00 Jonathan Creek 10.05 Jonathan Creek 11.10 Gimme Gimme Gimme 11.50 The Worst Week of My Life 12.30 Shark 1.25 Shark 2.15 Baywatch 3.00 Baywatch 4.00 The Bill 4.45 EastEnders 5.15 Neighbours 5.35 Neighbours

TCM

1.00 A Patch of Blue PG (1965) 3.00 My Favorite Year PG (1982) 4.45 The Prize PG (1963) 7.10 Skyjacked PG (1972) 9.00 Diner 15 (1982) 11.00 Cannery Row 12 (1982) 1.10 Sitting Target 15 (1972) 2.50 Pride of the Marines PG (1945) 5.00 The Man Who Came to Dinner U (1941)

The Disney Channel

Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

6.00 Taken Away PG (1996) 7.30 Havana PG (1990) 10.00 The Starter Wife 11.30 Columbo: Murder in Malibu PG (1990) With Peter Falk. 1.15 The Top 10 Show 1.30 Daydream Believers: The Monkeys Story 15 (2000) With LB Fisher. 3.15 The Neighbor 12 (2008) With Matthew Modine. 5.00 35MM 5.30 Rain Man 15 (1988) With Dustin Hoffman. 8.00 Harsh Times 15 (2005) With Christian Bale. 10.00 The Pursuit of Happiness 12 (2006) With Will Smith. 12.00 Going All the Way 15 (1997) With Jeremy Davies. 1.45 Midnight Express 18 (1978) With Brad Davis. 4.00 Drama Close Up 4.30 Love Letters PG (1999)

Sky Movies Comedy

6.10 Jane Austen's Mafist 12 (1998) 7.45 Girl's Best Friend PG (2008) 9.25 The Weather Man 15 (2005) 11.15 Just My Luck PG (2006) With Lindsay Lohan. 1.00 Sister Act PG (1992) With Whoopi Goldberg. 2.45 White Men Can't Jump 15 (1992) With Woody Harrelson. 4.45 Jane Austen's Mafist 12 (1998) With Jay Mohr. 6.15 Just My Luck PG (2006) With Lindsay Lohan. 8.00 Sister Act PG (1992) With Whoopi Goldberg. 9.45 White Men Can't Jump 15 (1992) With Woody Harrelson. 11.45 The Weather Man 15 (2005) With Nicolas Cage. 1.45 School Daze 15 (1988) With Laurence Fishburne. 3.50 Comedy

Close Up 4.20 Girl's Best Friend PG (2008)

Sky Movies Action

6.20 Frozen with Fear 15 (2000) 8.10 Ninja Dragons 15 (1994) 9.50 Ultraviolet 15 (2006) 11.30 Snakes on a Plane 15 (2006) With Samuel L. Jackson. 1.30 Cries in the Dark 12 (2006) With Eva LaRue Callahan. 3.10 Ninja Dragons 15 (1994) With Stephen Furst. 4.50 Ultraviolet 15 (2006) With Milla Jovovich. 6.30 Action & Thriller Close Up 7.00 Snakes on a Plane 15 (2006) With Samuel L. Jackson. 9.00 The Specialist 18 (1994) With Sylvester Stallone. 10.55 Lock, Stock and Two Smoking Barrels 18 (1998) With Nick Moran. 12.50 Crank 18 (2006) With Jason Statham. 2.25 Nighthawks 18 (1981) With Sylvester Stallone. 4.10 Warriors of Virtue PG (1997)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Speedway 11.00 Soccer AM: The Best Bits 12.00 Pipeline Adventures 12.30 Big League Weekend 2.30 Soccer AM: The Best Bits 2.30 Big League Weekend 2.30 Soccer AM: The Best Bits 4.30 Live Cricket. Yorkshire Carnegie v Warwickshire Bears. 10.00 Ryder Cup Countdown 12.00 10.30 Poker Million 12.30 Football Asia 1.00 Live International Football. Paraguay v Venezuela (Kick-off 1.00am). 3.00 World Motor Sport 5.30 Ryder Cup Countdown 2008

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Pipeline Adventures 7.00 Big League Weekend 2 8.00 Show Jumping 9.00 Pipeline Adventures 9.30 Wild Spirits 10.00 World Motor Sport 12.30 Speedway 2.30 World Motor Sport 5.00 NFL: Total Access 6.00 Beach Football 7.00 Ryder Cup Countdown 2008 7.30 Live Greyhound Racing. The Steel City Cup. 10.00 Sports Unlimited 11.00 NFL: Total Access 12.00 European Seniors Tour Golf 1.00 Ryder Cup Countdown 2008 1.30 Ladies European Tour Golf 2.30 Beach Football 3.30 Ryder Cup Countdown 2008 4.00 Football Asia 5.30 Close

Sky Sports 3

10.30 Carp Academy 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Show Jumping 1.00 NFL: Total Access 2.00 Pipeline Adventures 2.30 Wild Spirits 3.00

NFL 5.00 European Seniors Tour

Golf 6.00 Ladies European Tour Golf 7.00 NFL 9.00 Pool 10.00 Beach Football 11.00 Football Asia 11.30 Ryder Cup Countdown 2008 12.00 Pool 1.00 Motor Racing 2.30 Motor Racing 3.00 Close

British Eurosport

7.30 International Football 8.15 International Football 9.15 International Football 10.15 US Open Tennis 11.45 Cycling: Vuelta a Espana 12.15 World Superbikes 1.45 euroCRASH! 2.00 Cycling: Vuelta a Espana 3.00 Live Cycling: Vuelta a Espana. The 10th stage of the Tour of Spain. 4.30 WATTS 5.00 Eurogals 5.15 Live Athletics. The IAAF Grand Prix in Zagreb. 7.00 Cycling: Vuelta a Espana 8.00 Boxing 10.00 Cycling: Vuelta a Espana 11.00 Rallying 11.15 Rallying 12.15 Eurogals 12.30 Close

Sky Sports Xtra

3.30 Carp Academy 4.00 Pipeline Adventures 4.30 Aerobics Oz Style 5.00 Sports Unlimited 6.00 Motor Racing 6.30 Motor Racing 8.00 European Seniors Tour Golf 9.00 Ladies European Tour Golf 10.00 Motor Racing 11.30 Motor Racing 12.00 Sports Unlimited 1.00 Pipeline Adventures 1.30 Wild Spirits 2.00 Close

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WED

BBC1

6.00 Breakfast. (T) 9.15 Helicopter Heroes. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 Open House. (T) 11.30 Car Booty; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: LazyTown. (R) (T) 3.30 CBBC: Bear Behaving Badly. (R) (T) 3.50 Elliot Kid; (R) (T) The Owl. (R) (T) 4.05 Young Dracula. (R) (T) 4.35 Serious Ocean. (T) 5.00 Newsround. (T)

5.15 Weakest Link. (R) (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 My Family. (R) (T) BBC News; Regional News. (T)
8.00 Sky Cops. London's helicopter police are called in to help officers on the ground who are being run ragged by street robbers using motorbikes and scooters to escape patrol cars. (T)
8.30 Trawlermen. Insight into the dangerous job of lone fisherman John Alexander on a tiny boat in all weather. Elsewhere, Alan Watt's return journey from the North Atlantic is put in jeopardy. (T)
9.00 Who Do You Think You Are? TV chef Ainsley Harriott travels to Jamaica and makes a surprising discovery about his grandmother's family, who he believes came to the Caribbean as indentured labourers from India. He also visits Barbados to explore his great-grandfather's career in the Army, learns his great-great-grandfather wasn't a black slave as he thought and finds out something interesting about a female ancestor. (T)
10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 The National Lottery Draws. The balls are set rolling to decide the all-important numbers. Includes a performance by Cliff Richard. Scott Mills presents. (T)
10.45 Medium. Ariel has dreams about Allison's high school days, when she is asked out to an unchaperoned concert. Meanwhile, her mother helps Cynthia Keener hunt for a missing teenage girl; (T) National Lottery Update. (T)
11.25 The Funny Thing About Ramadan. Comedian Ayesha Hazarika's quest to observe one fast during Ramadan, which she has never done before. (T)
11.55 The Tudors. Anne fears for her future as the king's affairs continue and attempts to have her daughter Elizabeth betrothed to a French royal fad. Henry is haunted by memories of Thomas More; (R) (T) Weatherview. (T)
12.50 Sign Zone: Alexei Sayle's Liverpool. (R) (T) 1.50 Sign Zone: DIY SOS. (R) (T) 2.20 Sign Zone: Rogue Restaurants. (R) (T) 2.50 Sign Zone: Cash in the Celebrity Attic. (R) (T) 3.35 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Dogstar. (R) (T) 7.25 Newsround. (T) 7.30 Batfink. (R) (T) 7.35 Trapped. (R) (T) 8.05 Mortified. (R) (T) 8.30 CBeebies: Bob the Builder: Project Build It. (R) (T) 8.40 Boogie Beebies. (R) (T) 9.00 Mister Maker. (R) (T) 9.20 Something Special. (R) (T) 9.40 Little Red Tractor; (R) (T) Pingu. (R) 10.00 In the Night Garden. (R) (T) 10.30 Coast. (T) 10.35 FILM: Affair with a Stranger (1953). Romantic comedy, starring Jean Simmons. (T) (bw) 12.00 What Are You Like? (T) 12.30 Open Gardens. (R) (T) 1.00 See Hear. (T) 1.30 Working Lunch. (T) 2.00 Animal Park. (T) 2.15 Animal 24/7. (R) (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (T) 4.30 Step Up to the Plate. (T) 5.15 Wanted Under. (R) (T) 6.00 Eggheads. (R) (T) 6.30 MasterChef - The Professionals. (T) 7.00 Paralympics 2008: Games Today. Highlights include athletics, track cycling and swimming. (T) 8.00 The Restaurant. New series. Raymond Blanc searches for a couple to become his business partners and run their own restaurant. Judges Sarah Willingham and David Moore assist the chef in his quest. (T) 9.00 A Number. Adaptation of Caryl Churchill's stage play. A man is disturbed to find he is a clone of his father's first son, who allegedly died in a car crash. Tom Wilkinson and Rhys Ifans star. (T) 10.10 Coast. (T) 10.30 Newsnight; Weather. (T) 11.20 Charley Boorman: Ireland to Sydney By Any Means. (R) (T) 12.20 BBC News. (T) 3.45 Close. 4.00 BBC Learning Zone. (T)

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Pick of the Day

The Restaurant (BBC2, 8pm)

There are some reality shows that make you wonder why they bothered and leave you with a bitter taste in your mouth. However, this is one show you can really sink your teeth into. Instead of a simple cash prize or the promise of an elusive pop career that as often as not fails to materialise, the winners of this programme will walk away with the opportunity to become business partners with one of the nation's greatest chefs. Returning for this second series, Raymond Blanc begins a new search for a couple with both the culinary skills and business know-how to work with him. This time around there are nine couples who have made it through to the competition stage, and in this opening episode they meet Raymond for the first time. Joined by experts Sarah Willingham and David Moore, he warns them of the difficult task ahead and drops a surprise on them: each couple must go through a challenging test before they get their own restaurant to open and run during the series. It is an opportunity for them to demonstrate their concept and cookery skills, and prove to Raymond they have what it takes. But this is just a taste of things to come.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Will & Grace. (R) (T) 9.00 Frasier. (R) (T) 9.30 Frasier. (R) (T) 9.55 ER. (R) (T) 10.55 Without a Trace. (R) (T) 11.45 Great British Brands. (R) (T) 12.00 News at Noon. (T) 12.30 Property Ladder. (R) (T) 1.30 Great British Brands. (R) (T) 1.45 FILM: Comanche (1956). Western, starring Dana Andrews. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Wogan's Perfect Recall. (T) 5.30 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Shorelines. The consequences of migration from Africa to the Canary Islands. (T) 8.00 Embarrassing Illnesses. A woman whose facial pigmentation has damaged her confidence. (R) (T) 8.30 How Clean Is Your House? The cleaning duo spruce up a bachelor pad. Last in series. (R) (T) 9.00 The 9/11 Hotel. The barely known story of the hotel nestled between the Twin Towers. (T) 10.00 Desperate Housewives. Gabrielle struggles to cope with Carlos's blindness. (T) 11.00 Sex in the Noughties: Nuts vs Zoo. (R) (T) 12.00 4Music: Snow Patrol: Video Exclusive. (T) 12.05 Pineapple Express: T4 Movie Special. 12.40 4Music: TBA 2008: The Streets. (R) (T) 1.10 FILM: Yuva (2004). Premiere. Drama, starring Ajay Devgan. 4.00 The Bypass. (R) (T) 4.15 Tony Robinson's Crime and Punishment. (R) (T) 5.15 Countdown. (R) (T)

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 Franny's Feet. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Harry and His Bucket Full of Dinosaurs. (R) (T) 6.45 Milkshake! Music Box. (R) (T) 6.55 Mio Mao. (T) 7.00 Funky Valley. (R) (T) 7.05 Hana's Helpline. (R) (T) 7.15 Roary the Racing Car. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowerbuds. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Thomas & Friends. (T) 8.35 Bert and Ernie's Great Adventures. (T) 8.45 Little Princess. (R) (T) 8.50 Pocoyo. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Behind Closed Doors. (T) 12.30 five news. (T) 12.45 House. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Zoo Days. (T) 3.05 five news update. (T) 3.10 FILM: First Shot: The President Is Down (2002). Thriller, starring Mariel Hemingway. (T) 5.00 five news; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Animal Rescue Squad. (T) 7.00 five news. (T) 7.30 Daring Raids of World War Two. The first British paratroop mission; (R) (T) 7.30 five news update. (T) 8.00 Megastructures: Extreme Bridge Demolition. New series looking at structures that are taken apart and recycled; (T) 8.00 five news at 9. 9.00 FILM: Hudson Hawk (1991). Comedy adventure, starring Bruce Willis as a cat burglar out to commit the crime of the century. With Andie MacDowell, Danny Aiello and Richard E. Grant. Includes five news update at 9.55. (T) 10.55 Police Interceptors. (R) (T) 11.55 Poker. 1.25 Major League Baseball. 4.45 Motorsport Mundial. 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 A Touch of Frost. (R) (T)
5.00 Britain's Best Dish. The North-Eastern regional heats reach the halfway mark. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Zak devises a scheme to help Lisa get the supervisor job at the factory and enlists the rest of the family to help. Terry makes a suggestion to help Bob ease his financial problems, and Katie confides in Matthew her worries about the stables - but is offended by his possible solution. (T) Coronation Street. John expresses his gratitude to Fizz for her support at the funeral and admits how much he regrets ruining their chance of happiness. As Liam tries to make amends with Maria, he is asked to see Tom flirting with Carla, and Abi receives news that prompts her to consider leaving the police force. (T)
8.00 The Bill. Part two of two. Bobby Henshaw, the youngest suspected of mugging Banksy's wife, is himself brutally attacked and later claims that Alistair Finch, the man who killed his brother in a road accident, is behind the latest assault. Sam digs deeper into the private lives of the Henshaw family and discovers a tangled network of relationships that could prove young Bobby right. Kim Thomson goes stars. (T)
9.00 Lost in Austen. Amanda panics when Mr Bingley loses the plot and falls for her instead of Jane Bennet. Mr Darcy has nothing but contempt for her meddling ways and the arrival of Mr Collins and Mr Wickham only serves to confuse the issue. Drama starring Gemma Rooper, Elliot Cowan and Tom Mison. (T)
10.00 News at Ten and Weather. (T)
10.25 London News and Weather. (T)
10.35 Num3r3s. Don and the team are called in to investigate the murder of a gang member, but soon realise the victim was actually an undercover agent. American drama, starring Rob Morrow. (T)
11.35 Holiday Homes from Hell. The problems encountered by British owners of holiday homes overseas, including a GP accused of growing drugs in his Italian garden and a family whose rural idyll in Crete has become as dangerous as the Wild West. (R) (T)
12.25 Nightwatch with Steve Scott: Mystery. (R) (T) 1.15 LA Dragnet; (T) ITV News Headlines. 2.05 Loose Women. (R) 2.55 The Jeremy Kyle Show. (R) (T) 3.45 ITV Nightscreen.

LOCAL

RTP1
06.30 Bom Dia Portugal 10.00 Verão Total 13.00 News + Weather 14.15 Amor e Integras 15.15 Verão Total 18.00 Portugal em Directo 19.10 O Preço Certo 20.00 News 21.00 Em Reportagem 21.30 Jogo Duplo 22.30 Conversas de Mário Soares 23.30 Pax Rallye 2008 00.00 A Ferreirinha 01.00 Parolimpic Games - Pequim 2008 01.30 Film: Very Bad Things 03.30 Verão Total 06.05 Nôs

RTP2
07.00 Euronews 07.35 Zig zag 14.00 Sociedade Civil 15.30 O Homem dos Leões 16.00 Parolimpic Games 17.00 Zig Zag 18.30 A Fé dos Homens 19.00 Biosfera 19.45 Zig Zag 20.45 Os Cavaleiros da Prosperidade 21.45 Parolimpic Games 22.00 News 22.40 Sem Rastos 23.30 Clube de Imprensa 00.30 Noites da 2 02.00 Bastidores 02.30 Biosfera 03.30 Sociedade Civil 05.00 Euronews

SIC
06.00 News 08.30 SIC Kids 09.15 Uma aventura na mina 10.00 Fatima 13.00 News 14.15 Como uma Onda 15.45 Beleza Pura 16.45 Contacto 18.00 Rebelde Vau 19.00 TBA 20.00 News 21.30 Rebelde Vau 22.30 Os Melucos do Risco 23.30 A Favorita 00.30 Criminal Minds 01.30 CSI: Miami

TVI
07.00 Diário da Manhã 10.15 Você na TVI 13.00 News 14.00 As Tardes da Júlia 17.00 Quem Quer Ganha 18.15 Morangos com Açúcar Férias Verão 20.00 News 20.30 Football: Portugal v Denmark 22.30 A Outra 23.00 Fascínios 00.15 Film: Era Uma Vez Na América 04.00 Sempre a somar 05.15 TV Negócios 05.30 Televisões

Best of the Rest

BBC3
7.00 The Real Hustle 7.30 The Real Hustle 8.00 Make My Body Younger 9.00 Most Annoying Couples 11.30 Family Guy 11.55 Family Guy 12.15 Dog Borsal 1.15 Spooks: Code 9 2.05 How Not to Live Your Life 2.35 Make My Body Younger 3.30 The Real Hustle 4.00 Spooks: Code 9 4.50 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 Born to Be Wild 8.00 Life in Cold Blood 9.00 Blood and Guts: A History of Surgery 10.00 Film: Esmas' Secret 15 (2006) 11.30 Coal House 12.00 Blood and Guts: A History of Surgery 1.00 Medical Mavericks 2.00 Doctors to Be: Twenty Years On 2.30 Doctors to Be: Twenty Years On 3.00 Medical Mavericks 4.00 Close

ITV2
1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.20 The Montel Williams Show 6.05 Judge Judy 7.00 Hell's Kitchen USA 8.00 Hell's Kitchen USA 9.00 Film: Instinct 15 (1999) 11.25 Coronation Street 11.55 CelebAir 12.55 Katy Brand's Big Ass Show 1.25 Entertainment 1.55 Entertainment 2.30 Sex, Love and Secrets 3.00 Teleshopping

Sky One
1.00 Project Catwalk 2.00 Bones 3.00 Cold Case 4.00 Stargate Atlantis 5.00 Soccer AM: The Best Bits 6.00 Malcolm in the Middle 6.30 Futurama 7.00 The Simpsons

7.30 The Simpsons 8.00 Don't Forget the Lyrics US 9.00 Bones 10.00 Premiership's 50 Greatest Goals 11.30 Soccer AM: The Best Bits 12.30 Road Wars 1.30 Road Wars 1.55 Australia Uncovered 2.50 Stargate SG-1 3.45 Stargate SG-1 4.35 America's Dumbest Criminals 5.00 Bite Size Brainiac 5.10 Guilty!

UKTV Gold
1.20 Last of the Summer Wine 2.00 The Two Ronnies Sketchbook 2.40 Keeping Up Appearances 3.20 Some Mothers Do 'Ave 'Em 4.00 The Two Ronnies 4.55 One Foot in the Grave 5.35 My Family 6.15 The Good Life 7.05 Last of the Summer Wine 7.45 Keeping Up Appearances 8.25 Some Mothers Do 'Ave 'Em 9.00 Jonathan Creek 10.05 Jonathan Creek 11.25 Gimme Gimme Gimme 12.05 The Worst Week of My Life 12.45 Shark 1.35 Shark 2.25 Baywatch 3.10 Baywatch 3.55 The Bill 4.45 EastEnders 5.15 Neighbours 5.35 Neighbours

TCM
1.00 The Picture of Dorian Gray PG (1945) 3.00 Lady L U (1965) 5.00 All the Fine Young Cannibals PG (1960) 7.05 The Cincinnati Kid PG (1965) 9.00 Beetlejuice U (1988) 10.40 Pink Floyd: The Wall 15 (1982) 12.30 Something of Value PG (1957) 2.30 Ziegfeld Girl U (1941) 5.00 Today We Live U (1933)

The Disney Channel
Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

6.00 Loss of Faith PG (1997) 7.45 The Making of a Hollywood Madam: The Heidi Fleiss Story 15 (1996) 9.30 The Starter Wife 11.00 Columbo Goes to College PG (1991) With Peter Falk. 12.45 Tristan and Isolde 12 (2005) With James Franco. 3.00 Drama Close Up 3.30 Up Close and Personal 15 (1996) With Michelle Pfeiffer. 5.45 Lucky You PG (2007) With Eric Bana. 8.00 Catch and Release 12 (2007) With Jennifer Garner. 10.00 Boys Don't Cry 18 (1999) With Hilary Swank. 12.00 Mississippi Burning 18 (1988) With Gene Hackman. 2.15 ATL 12 (2006) With Tip Harris. 4.15 Desperate Rescue 12 (1992)

Sky Movies Comedy

6.00 Aquamarine PG (2006) 8.00 Forces of Nature 12 (1999) 9.50 Maverick PG (1994) 12.00 There's Something About Mary 15 (1998) With Cameron Diaz. 2.10 School for Scoundrels 12 (2006) With Billy Bob Thornton. 4.00 Varsity Blues 15 (1999) With Jon Voight. 5.50 Maverick PG

(R)-repeat programme;

(T)-programme with teletext subtitles;

(S)-programme broadcast in stereo;

(bw)-black and white.

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Ryder Cup Countdown 2008 9.30 Football Asia 10.00 International Football 12.00 Ladies European Tour Golf 1.00 Ryder Cup Countdown 2008 1.30 International Football 3.30 Beach Football 4.30 Football Asia 5.00 Ryder Cup Countdown 2008 5.30 International Football 7.30 Soccer Special 10.00 You're on Sports 11.30 FIFA Futbol Mundial 12.00 International Football 1.30 Live International Football 3.30 Live International Football 5.30 FIFA Futbol Mundial

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Pipeline Adventures 7.00 Ladies European Tour Golf 8.00 Beach Football 9.00 Pipeline Adventures 9.30 Motor Racing 10.00 Ladies European Tour Golf 11.00 European Seniors Tour Golf 12.00 Beach Football 1.00 Pool 2.00 European Seniors Tour Golf 3.00 Poker Million 5.30 FIFA Futbol Mundial 5.30 Motor Racing 6.00 Boots 'n' All 7.00 European Tour Weekly 7.30 Live International Football. 10.00 Boots 'n' All 11.00 NFL: Total Access 12.00 Total Rugby 12.30 Poker Million 2.30 Wild Spirits 3.00 Sailing 3.30 Total Rugby 4.00 You're on Sports! 5.30 Close

Sky Sports 3

6.30 Motor Racing 8.00 European Seniors Tour Golf 9.00 Poker Million 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Sports Unlimited 1.00 NFL: Total Access 2.00 Pipeline Adventures 2.30 Sports Unlimited 3.30 NFL: Total

Access 4.30 Live Cricket 10.00 British Motocross Championship 11.00 Transworld Sport 12.00 Challenge Tour Golf 12.30 Challenge Tour Weekly 1.00 Watersports World 2.00 European Watersports 3.00 Transworld Sport 4.00 European Tour Weekly 4.30 Close

British Eurosport

7.30 Rallying 7.45 WATTS 8.15 Athletics 10.00 Eurogals 10.15 International Football 11.15 Cycling: Vuelta a Espana 12.00 Live Paralympic Games. Coverage of the 13th staging of the Games from Beijing. 2.00 Cycling: Vuelta a Espana 3.00 Live Cycling: Vuelta a Espana. The 11th stage of the Tour of Spain. 4.30 Athletics 5.00 Eurogals 5.15 Athletics 6.00 Wednesday Selection 6.10 Show Jumping 7.10 Watersports Club 7.15 US Tour Golf 8.15 US Tour Golf 8.15 European Tour Golf 9.45 Golf Club 9.50 Yacht Club 9.55 Wednesday Selection 10.00 International Football 11.00 Rallying 11.15 Cycling: Vuelta a Espana 12.15 Rallying 12.30 Close

Sky Sports Xtra

1.00 Motor Racing 2.30 Motor Racing 3.00 Ladies European Tour Golf 4.00 Pipeline Adventures 4.30 Aerobics Oz Style 5.00 Irish Greyhound Racing 5.30 Challenge Tour Golf 6.00 Sailing 6.30 Total Rugby 7.00 Kartmasters 8.00 Boots 'n' All 9.00 Transworld Sport 10.00 Watersports World 11.00 Show Jumping 11.30 Irish Greyhound Racing 12.00 Max Power 1.00 Pipeline Adventures 1.30 Irish Greyhound Racing 2.00 Kartmasters 3.00 British Motocross Championship 4.00 Close

BBC1

6.00 Breakfast. (T) 9.15 Helicopter Heroes. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 Open House. (T) 11.30 Car Booty; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: LazyTown. (R) (T) 3.30 CBBC: Bear Behaving Badly. (R) (T) 3.50 Eliot Kid; (R) (T) The Owl. (R) (T) 4.05 Hedz. (R) (T) 4.35 Hider in the House. (T) 5.00 Newsround. (T) 5.15 Weakest Link. (R) (T) 6.00 BBC News; Weather. (T) 6.30 Regional News Programmes; Weather. (T) 7.00 The ONE Show. (T) 7.30 EastEnders. Ian comes home from hospital and moves into Lucy's room, which provides him with a handy vantage point to spy on everyone in the Square. Pat encourages Ricky to tell Bianca how he feels, and Phil hands a mysterious package over to Max, while Callum needles Bradley by dropping him from the football team; (T) BBC News; Regional News. (T) 8.00 The Planners Are Coming. New series following householders as they seek planning department help in taking transgressors to task and preventing ill-judged developments from ruining their local areas. Disabled pensioner Jean Lees calls on the help of planners to protect the view from her garden oasis and senior officer Fabien Bernard-Gaudin investigates the case of nine flats, seemingly built without prior permission. (T) 8.30 Accidental Heroes. Real-life stories of bravery and courage, including neighbours who came to the aid of a man trapped in a house fire in Worcestershire, Plus, a six-year-old who demonstrated wisdom beyond his years when his mother collapsed and fell down the stairs, and footage of a dramatic sea rescue during a round-the-world race. (T) 9.00 Crimewatch. Police appeal for help in solving the double murder of two Chinese students in Newcastle and ask for information regarding a gang taking on supermarkets with crossbows. Kirsty Young presents, with Matthew Amroliwal and Rav Wilding. (T) 10.00 BBC News. (T) 10.25 Regional News; Weather. (T) 10.35 Crimewatch Update. Viewers' responses to the programme shown earlier. (T) 10.45 FILM: American Beauty (1999). Acclaimed black comedy drama, starring Kevin Spacey; (T) Holiday Weather. (T) 12.45 Sign Zone: Panorama. (R) (T) 1.15 Sign Zone: Would Like to Meet Again. (R) (T) 1.45 Sign Zone: Countryside. (R) (T) 2.40 Sign Zone: Cash in the Celebrity Attic. (R) (T) 3.25 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Dogstar. (R) (T) 7.25 Newsround. (T) 7.30 Batfink. (R) (T) 7.35 Trapped. (R) (T) 8.05 Mortified. (R) (T) 8.30 CBeebies: Bob the Builder: Project Build It. (R) (T) 8.40 Boogie Beebies. (R) (T) 9.00 Mister Maker. (R) (T) 9.20 Something Special. (R) (T) 9.40 Little Red Tractor; (R) (T) Pingu. (R) 10.00 In the Night Garden. (R) (T) 10.30 FILM: Higher and Higher (1943). Musical, with Frank Sinatra. (T) (bw) 12.00 What Are You Like? (T) 12.30 Working Lunch. (T) 1.00 Out of the Blue. (T) 1.25 Coast. (T) 1.30 Britain's Dream Homes. (T) 2.15 Animal 24:7. (R) (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (T) 4.30 Step Up to the Plate. (T) 5.15 Wanted Down Under. (R) (T) 6.00 Eggheads. (R) (T) 6.30 MasterChef - The Professionals. (T) 7.00 Paralympics 2008: Games Today. Highlights include rowing, athletics and swimming. (T) 8.00 The Restaurant. The couples discover the locations of their restaurants. (T) 9.00 Mock the Week. Ed Byrne and Stewart Francis join regular panellists Frankie Boyle, Hugh Dennis, Russell Howard and Andy Parsons in the topical comedy quiz show, hosted by Dara O'Briain. (T) 9.30 The Cup. Terry tries to arrange for a talent scout to see Malky play. (T) 10.00 Never Mind the Buzzcocks. Singer Kate Nash guests. (R) (T) 10.30 Newsnight; (T) Weather. (T) 11.20 FILM: All or Nothing (2002). Bleak drama, starring Timothy Spall. (T) 1.25 How I Met Your Mother. (R) (T) 1.45 How I Met Your Mother. (R) (T) 2.05 BBC News. (T) 3.20 Close. 4.00 BBC Learning Zone. (T)

The 9/11 Faker (C4, 9pm)

The flagship documentary series Cutting Edge returns to our screens with one of its most shocking stories to date. On September 11, 2001, the world was in a state of shock as thousands of people lost their lives when The Twin Towers collapsed in New York after al-Qaeda began their war against the West. In the months following the attacks, many stories emerged of triumph and heroism. Tania Head, who claimed to be one of the few people at or above the point of impact to survive, became America's mascot of bravery and her story helped galvanise a nation that had been shaken to its very foundations. Her vivid account of events and her claims that her fiancé had been killed were plastered all over the media but it later transpired that she was in Spain on that fateful day and was nowhere near the Twin Towers at the time of the attacks. In September 2007, The New York Times published a front-page article questioning Head's story and she soon disappeared from the limelight and has not been heard of since. Speaking to traumatised survivors and the therapist who treated her and the family of the dead hero she claimed saved her life, this documentary reveals how Head became an icon synonymous with bravery and defiance in the aftermath of 9/11 but was later exposed as one of the world's most notorious fakers.

C4

6.00 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Will & Grace. (R) (T) 9.00 Frasier. (R) (T) 9.30 Frasier. (R) (T) 9.55 ER. (R) (T) 10.55 Without a Trace. (R) (T) 11.45 British Made. (R) (T) 12.00 News at Noon. (T) 12.30 Property Ladder. (R) (T) 1.30 Will & Grace. (R) (T) 1.55 FILM: Terror in a Texas Town (1958). Western, with Sterling Hayden. (T) (bw) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Wogan's Perfect Recall. (T) 5.30 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Shorelines. An African migrant's view of life on Tenerife. Last in series. (T) 8.00 Chateau Monty. The would-be winemaker encounters a host of difficulties. (T) 8.30 The Great Italian Escape. Sarah's mother pays the family a visit. (T) 9.00 The 9/11 Faker. New series of Cutting Edge documentaries. (T) 10.00 8 Out of 10 Cats. Irreverent panel show hosted by Jimmy Carr, in which two teams answer questions based on opinion polls to see who best understands what is going on in Britain today. (T) 10.35 When Women Rule the World. (T) 11.40 Alan Carr's Celebrity Ding Dong. (R) (T) 12.30 The Shooting Party. (R) (T) 1.00 4 Musics: Ibiza Rocks. (T) 1.25 4 Musics: JD Set Presents New York Funk. (R) (T) 1.40 FILM: Focus (2001). Emotional drama, starring William H Macy. (T) 3.25 The Hidden Stars of Berlin. (R) (T) 4.25 St Elsewhere. (R) (T) 5.15 Countdown. (R) (T)

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 Franny's Feet. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Harry and His Bucket Full of Dinosaurs. (R) (T) 6.45 Milkshake! Music Box. (R) (T) 6.55 Miao Mao. (T) 7.00 Funky Valley. (R) (T) 7.05 Hana's Helpline. (R) (T) 7.15 Roary the Racing Car. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowerpots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Thomas & Friends. (T) 8.35 Bert and Ernie's Great Adventures. (T) 8.50 Pocoyo. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Behind Closed Doors. (T) 12.30 five news. (T) 12.45 House. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Zoo Days. (T) 3.05 five news update. (T) 3.10 FILM: Taking Back Our Town (2001). Fact-based drama, starring Laura Innes. (T) 5.00 five news; Weather. 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Animal Rescue Squad. (T) 7.00 five news. (T) 7.30 How Do They Do It? The mass production of drinks cans. (T) 7.30 five news update. 8.00 I Own Britain's Best Home and Garden; (T) 8.00 five news at 9. 9.00 Extraordinary People: The World's Smallest Muscle Man. (T) 10.00 FILM: The Replacement Killers (1998). A fugitive hit-man meets a female forger who helps him to evade the deadly attentions of his former employers. Explosive action thriller, starring Chow Yun-Fat and Mira Sorvino. Includes five news update at 10.55. (T) 11.45 The What in the World? Quiz. (R) (T) 12.15 Quiz Click. 4.00 Major League Soccer. (R) 4.45 Wildlife SOS. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

LOCAL Best of the Rest

RTP1
06.30 Bom Dia Portugal 10.00
Verão Total 13.00 News 14.15
Amor e Integras 15.15 Verão Total
18.00 Portugal em Directo 19.10 O
Preço Certo 20.00 News 21.00
Grande Estraviasa 21.45 Jogo
Duplo 22.45 Ainda Bem que
Apareceste 23.45 Pax Rally 2008
00.15 A Ferreirinha 01.15
Paraolímpic Games - Pequim 2008
01.45 Film: The Blue Butterfly
03.30 Verão Total 06.05 Nds
RTP2
07.00 Euronews 07.35 Zig zag
14.00 Sociedade Civil 15.30 O
Homem dos Leões 16.00
Paraolímpic Games 17.00 Zig Zag
18.30 A Fé dos Homens 19.00
Iniciativa 19.45 Zig Zag 20.45 Os
Cavaleiros da Prosperidade 21.45
Paraolímpic Games 22.00 News
22.40 Bones 23.30 Bloq & Contas
00.30 Notícias da 2.02.00 Iniciativa
02.45 Eliga dos Últimos 03.30
Sociedade Civil 05.00 Euronews
SIC
06.00 News 08.30 SIC Kids 09.15
Uma aventura na mina 10.00
Fatima 13.00 News 14.15 Como
uma Onda 15.45 Beleza Pura
16.45 Contacto 18.00 Rebelde
Way 19.00 TBA 20.00 News 21.30
Rebelde Way 22.00 Grande Corrida
Caras 00.45 Criminal Minds 01.45
Cartez Cultural
TVI
07.00 Diário da Manhã 10.15 Vóce
na TVI 13.00 News 14.00 As Tardes
da Júlia 17.00 Quem Quer Ganhar
18.00 Football Portugal v Rep.
Ireland 20.30 21.30 Felício de
Amor 22.30 A Outra 23.30 Fascínios
00.15 Film: O Clube das
Investigadoras 01.30 Cartez das
Artes 02.15 Sempre a somar 03.45
Até a Morte nos sempre 04.15 TVI
Negócios 04.30 O Império Romano
05.30 Televidas

BBC3
7.00 The Real Hustle 7.30
The Real Hustle 8.00 Don't
Tell the Bride 9.00 Your
Identity for Sale 10.00
EastEnders 10.30 The Wrong
Duo 11.00 Family Guy 11.25
Family Guy 11.45 Your
Identity for Sale 12.45 Don't
Tell the Bride 1.40 The Wrong
Duo 2.10 The Real Hustle
2.40 The Real Hustle 3.10
Dog Bortal 4.10 Close
BBC4
7.00 World News Today 7.00
Weather 7.30 Fossil
Detectives 8.00 Silbury: The
Heart of the Hill 9.00 Casualty
1907 10.00 Blood and Guts:
A History of Surgery 11.00
Maestro 12.30 BBC Four
Sessions 1.30 Journeys from
the Centre of the Earth 2.30
Fossil Detectives 3.00 Blood
and Guts: A History of
Surgery 4.00 Close
ITV2
1.00 Airline USA 1.30 The
Jeremy Kyle Show 2.35 The
Jeremy Kyle Show 3.45 Ricki
Lake 4.30 Sally Jessy
Raphael 5.20 The Montel
Williams Show 6.05 Judge
Judy 7.00 CelebAir 8.00 The
Fashion Show 9.00 Katie &
Peter: The Next Chapter 10.00
Secret Diary of a Call Girl
10.30 Secret Diary of a Call
Girl 11.00 Entourage 11.30
Film: Unbreakable 12 (2000)
1.35 Katie & Peter: The Next
Chapter 2.30 Teleshopping
5.30 ITV2 Nightscreen
Sky One
1.00 Project Catwalk 2.00
Bones 3.00 Cold Case 4.00
Stargate Atlantis 5.00 Don't
Forget the Lyrics US 6.00

Malcolm in the Middle 6.30
Futurama 7.00 The Simpsons
7.30 The Simpsons 8.00 The
Simpsons 8.30 The Simpsons
9.00 Bones 10.00 Film:
Rocky II PG (1979) 12.15
Road Wars 1.15 Road Wars
1.40 Miami Uncovered 2.35
Stargate SG-1 3.30 Stargate
SG-1 4.20 Brainiac: Science
Abuse 5.10 Guilty!
UKTV Gold
1.20 Last of the Summer
Wine 2.00 The Two Ronnies
Sketchbook 2.40 Keeping Up
Appearances 3.20 Some
Mothers Do 'Ave 'Em 4.00
The Two Ronnies 5.00 One
Foot in the Grave 5.40 My
Family 6.20 The Good Life
7.00 Last of the Summer
Wine 7.40 Keeping Up
Appearances 8.20 Some
Mothers Do 'Ave 'Em 9.00
Jonathan Creek 10.20
French and Saunders 11.00
Gimme Gimme Gimme 11.40
The Worst Week of My Life
12.20 Shark 1.15 Shark 2.05
Baywatch 2.55 Baywatch
3.45 The Bill 4.45
EastEnders 5.15 Neighbours
5.35 Neighbours
TCM
1.00 Ninotchka PG (1939)
3.00 Beau Brummell PG
(1954) 5.00 Guns for San
Sebastian PG (1968) 7.10
Hearts of the West PG (1975)
9.00 Get Carter 18 (1971)
11.05 Shoot the Moon 15
(1982) 1.20 The Strawberry
Statement 15 (1970) 3.10
After the Thin Man U (1936)
5.00 Captain Blood U (1935)
The Disney Channel
Kids' programmes from 7am,
except:

MOVIES

Sky Movies Drama
6.00 Broken Bridges PG (2006)
7.45 Saving Milly PG (2005)
9.30 This Is My Father 15 (1998)
11.30 Columbo: The Murder of a
Rock Star PG (1991) With Peter
Falk. 1.15 Drama Close Up 1.45
How to Make an American Quiz
12 (1995) With Winona Ryder.
3.45 School Ties PG (1992) With
Chris O'Donnell. 5.45 The Top
10 Show 6.00 Bobby 15 (2006)
With Laurence Fishburne. 8.00
Notes on a Scandal 15 (2006)
With Judi Dench. 9.40 The Top
10 Show 10.00 Summer of Sam
18 (1999) With Mira Sorvino.
12.30 Murder at My Door 15
(1996) With Judith Light. 2.15
Last Seduction 11 (1997) With
Joan Severance. 4.00 The Top
10 Show 4.15 Between Love and
Honor PG (1995)
Sky Movies Comedy
6.45 Cousins 15 (1989) 8.45
Comedy Close Up 9.15 Three
Men and a Baby PG (1987)
11.00 Click 12 (2006) With
Adam Sandler.
1.00 Austin
Powers: The Spy Who S***
Me 12 (1999) With Mike Myers.
11.40 Magicians 15 (2007) With
Robert Webb. 1.15 Bull Durham
18 (1988) With Kevin Costner.
3.15 Cousins 15 (1989) 5.15
My Fair Eddie PG (2008)
Sky Movies Action
6.00 Breakout 15 (1975) 7.50
Slipstream PG (1989) 9.45
Down n' Dirty 15 (2000) 11.40
Rob Roy 15 (1995) With Liam
Neeson. 2.05 Action & Thriller
Close Up 2.35 Breakout 15
(1975) With Charles Bronson.
4.25 187 15 (1997) With Samuel
L Jackson. 6.35 Rob Roy 15
(1995) With Liam Neeson. 9.00
Tango & Cash 18 (1989) With
Sylvester Stallone. 10.50
Smokin' Aces 18 (2006) With
Jeremy Piven. 12.45 Platoon
15 (1986) With Charlie Sheen.
2.50 Year of the Dragon 18
(1985) With Mickey Rourke.
5.10 Slipstream PG (1989)



SPORT

Sky Sports 1
6.00 Good Morning Sports
Fans 9.00 International
Football 10.30 International
Football 12.30 European Tour
Weekly 1.00 Live European
Tour Golf. The Mercedes-Benz
Championship. 5.00
International Football 7.00
Premier League World 7.30
TBA 9.30 Golf Night 11.30
TBA 1.30 Golf Night 3.30 Race
World 4.30 The Rugby Club
Sky Sports 2
6.00 Aerobics Oz Style 6.30
Pipeline Adventures 7.00
British Motocross
Championship 8.00
Watersports World 9.00
Pipeline Adventures 9.30 Irish
Greyhound Racing 10.00
Boots 'n' All 11.00 Transworld
Sport 12.00 Irish Greyhound
Racing 12.30 International
Football 2.00 International
Football 4.00 Total Rugby 4.30
Boots 'n' All 5.30 The Rugby
Club 7.00 IAAF Athletic
Weekly 7.30 Live Premier
League Snooker. The opening
meeting at the Grimsby
Auditorium. 11.00 Live Poker.
Coverage of the online Sky
Poker Five-0 tournament. 1.00
NFL: Total Access 2.00 IAAF
Athletic Weekly 2.30 Poker
4.30 Close
Sky Sports 3
9.00 Kartmasters 10.00 British
Motocross Championship
11.00 Aerobics Oz Style 11.30
Racing News 12.00 Boots 'n'
All 1.00 NFL: Total Access
2.00 Pipeline Adventures 2.30

Irish Greyhound Racing 3.00
Watersports World 4.00
Pipeline Adventures 4.30 Live
Cricket. Sussex Sharks v
Middlesex Crusaders. 10.00
ICC Cricket Awards 2008
11.00 The Rugby Club 12.30
Show Jumping 1.00 Premier
League Snooker 4.30 Close
British Eurosport
7.30 Show Jumping 8.30
International Football 9.30
International Football 10.30
International Football 11.15
Cycling: Vuelta a Espana 12.15
International Football 1.15
International Football 2.15
International Football 3.00 Live
Cycling: Vuelta a Espana.
Coverage of the 12th stage of
the Tour de Spain. 4.30 Cycling
v Eurocup. 5.15 F1: The
Factory 5.45 International
Football 6.45 International
Football 7.45 Cycling: Vuelta
a Espana 8.45 Boxing 10.45
World Superbikes 11.45
Rallying 12.00 Cycling: Vuelta
a Espana 12.45 Close
Sky Sports Xtra
12.00 Watersports World 1.00
Kartmasters 2.00 British
Motocross Championship 3.00
Transworld Sport 4.00 Irish
Greyhound Racing 4.30
Aerobics Oz Style 5.00 NFL:
Total Access 6.00 Race World
7.00 Pipeline Adventures 7.30
Live Rugby League. A key game.
9.30 WWE: Late Night - Raw
11.30 Extreme Championship
Wrestling 12.30 ICC Cricket
Awards 2008 1.30 Pipeline
Adventures 2.00 ATP Tennis
2.30 Close



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12 SEP

BBC1

6.00 Breakfast. (T) 9.15 Helicopter Heroes. (T) 10.00 Homes Under the Hammer. (T) BBC News; Weather. (T) 11.00 Open House. (T) 11.30 Car Booty. (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: LazyTown. (R) (T) 3.30 CBBC: Bear Behaving Badly. (T) 3.50 Uncle Max; (T) The Owl. (R) (T) 4.05 Hedz. (R) (T) 4.35 Sorry, I've Got No Head. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson hosts the general knowledge quiz. (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)

7.30 A Question of Sport. Sue Barker asks the questions in the light-hearted quiz, with celebrity guests joining team captains Matt Dawson and Phil Tufnell. (T) BBC News; Regional News. (T)

8.00 EastEnders. Max and Phil play a cruel joke on Ian, and warn him against spying on other people. Roxy apologises for lying to Archie, and Callum is shocked to learn that Bradley and Stacey are trying for a baby, while Ricky tells Bianca he loves her - but she makes it clear his feelings are not reciprocated. (T)

8.30 DIY SOS. Nick Knowles and the team visit Essex to help the Taylor family, who desperately need a bathroom downstairs for wheelchair-user Kerry. (T)

9.00 Harry & Paul. The genial American tourists meet a British politician, and an island of Jeremy Clarkson's visited. Comedy sketch show, with Harry Enfield, Paul Whitehouse joined by Simon Day, Phil Cornwell, Justin Edwards, Kobna Holbrook-Smith, Alice Lowe, Laura Solon and Sophie Winkleman. (T)

9.30 The Armstrong & Miller Show. Divorced Dad gives some inspirational advice to his son after he comes bottom of the class, while the forthright dentist continues to reveal all to his patients. Last in series. (R) (T)

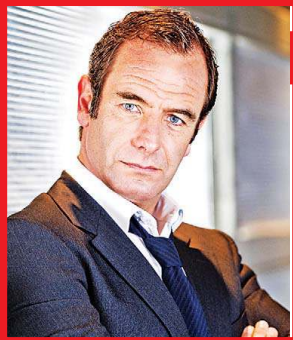
10.00 BBC News. (T)
10.25 Regional News; Weather. (T)

10.35 Friday Night with Jonathan Ross. Actor, impressionist and comedian Steve Coogan joins the host on his sofa. Motown musician Stevie Wonder also drops by for a chat and to perform a classic song from his back catalogue as well as a track from his latest album. (T)

11.35 The National Lottery EuroMillions Draw. Sarah Cawood presents coverage of the National Lottery EuroMillions weekly draw. (T)

11.40 FILM: Species (1995). Sci-fi thriller, starring Ben Kingsley. (T) Weatherview. (T)

1.30 Sign Zone: SuperDoctors. (R) (T) 2.30 Sign Zone: Street Doctor. (R) (T) 3.00 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Dogstar. (R) (T) 7.25 Newsround. (T) 7.30 Battfink. (R) (T) 7.35 Trapped. (R) (T) 8.05 Mortified. (R) (T) 8.30 CBeebies: Bob the Builder: Project Build It. (R) (T) 8.40 Boogie Beebies. (R) (T) 9.00 Mister Maker. (R) (T) 9.20 Something Special. (R) (T) 9.40 Little Red Tractor; (R) (T) Pingu. (R) (T) 10.00 In the Night Garden. (R) (T) 10.30 Coast. (T) 10.35 FILM: The Magnificent Ambersons (1942). Period drama, with Joseph Cotten. (T) (bw) 12.00 What Are You Like? (T) 12.30 Working Lunch. (T) 1.00 Out of the Blue. (T) 1.25 Coast. (T) 1.30 Britain's Dream Homes. (T) 2.15 Animal 24-7. (R) (T) 3.30 Murder, She Wrote. (R) (T) 3.45 Flog It! (T) 4.30 Step Up to the Plate. (T) 5.15 Wanted Down Under. (R) (T) 6.00 Eggheads. (R) (T) 6.30 MasterChef - The Professionals. (T) 7.00 Paralympics 2008: Games Today. Highlights include wheelchair rugby and swimming. (T) 8.00 Mastermind. Subjects include Billy the Kid and the Great Western Railway. (T) 8.30 Gardeners' World. Tackling gardening jobs brought on by a wet summer. (T) 9.00 The Tudors. Cromwell's reforms spread terror through the Catholic Church. (T) 10.00 QI. Stephen Fry quizzes Alan Davies, Linda Smith, Clive Anderson and Sean Lock in the mind-boggling panel game. (R) (T) 10.30 Newsnight. (T) 11.00 Newsnight Review. (T) Weather. (T) 11.35 Mercury Prize 2008. (T) 12.35 FILM: Saturn 3 (1980). Sci-fi thriller, starring Kirk Douglas. (T) 2.00 Star Trek: The Next Generation. (R) (T) 2.45 Star Trek: The Next Generation. (R) (T) 3.30 How I Met Your Mother. (R) (T) 3.50 How I Met Your Mother. (R) (T) 4.15 Close. 5.00 BBC News. (T)

Pick of the Day

Wire in the Blood (ITV, 9pm)

Wire in the Blood (ITV1 Granada, 9pm) Robson Greene has made some hit-and-miss dramas over the years, but when this series started in 2002, few people thought it would become one of his biggest international successes. As season six kicks off, a young woman's remains are found on a wasteland site. Experts believe the death could be an honour killing, but upon closer investigation more victims are found, and their remains tell a very different story. It begs the questions: why are the bodies incomplete and why has the killer tied the victims in such a complex way? Tony (Greene) suspects the suspect could be a fetishist, especially as the investigative trail leads the team to a shocking S&M scene. However, with such extreme injuries and with victims including a female alcoholic driver and a teenage boy, it seems unlikely this is only about consensual violence. As the investigation continues, Alex has a hard time coping with Kevin on leave, and to make matters worse, his temporary replacement Collins (Cristian Solimeno) seems unwilling to pull his weight. Things take a more dramatic turn when a severed finger turns up in an envelope on Collins' desk.

C4

6.00 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Will & Grace. (R) (T) 9.00 Frasier. (R) (T) 9.30 Frasier. (R) (T) 9.55 ER. (R) (T) 10.55 Without a Trace. (R) (T) 11.45 British Made. (R) (T) 12.00 News at Noon. (T) 12.30 Property Ladder. (R) (T) 1.30 Channel 4 Racing from Doncaster. Including the 2.40 National Express Doncaster Cup (2m 2f). (T) 2.55 A Place in the Sun. (R) (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Wogan's Perfect Recall. (T) 5.30 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.35 Pussies Galore. Documentary following three women who are feline fanatics. (T) 8.00 A Place in the Sun: Home or Away. Searching for properties in Hertfordshire and Spain. (T) 9.00 Ugly Betty. The hapless Betty falls victim to a poisoned perfume plot intended for Claire, while Wilhelmina manipulates Christina into helping in her latest bout of mischief. (T) 10.00 Big Brother: What the Housemates Did Next. Discovering what happened to the housemates when they returned home. (T) 11.05 Omid Djalili - No Agenda. (T) 12.10 Transmission. (T) 1.10 4Music: 4Play: Emiliana Torrini. (T) 1.20 4Music: Rockcorps. (R) (T) 1.35 4Music: JD Set Presents Air Traffic. (R) (T) 1.45 Dangerous Jobs for Girls. (R) (T) 2.45 Go!issimo. (T) 3.35 British Triathlon Grand Prix. (R) (T) 4.30 Transworld Sport. (R) (T) 5.25 Countdown. (R) (T)

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 Franny's Feet. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Harry and His Bucket Full of Dinosaurs. (R) (T) 6.45 Milkshake! Music Box. (R) (T) 6.50 Angels of Jarm. (R) (T) 6.55 Mio Mao. (T) 7.00 Hana's Helpline. (R) (T) 7.15 Roary the Racing Car. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowerots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Thomas & Friends. (T) 8.35 Bert and Ernie's Great Adventures. (T) 8.45 Little Lodgers. (R) (T) 8.50 Pocoyo. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Behind Closed Doors. (T) 12.30 five news. (T) 12.45 House. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Zoo Days. (T) 3.05 five news update. (T) 3.10 FILM: Family Sins (2004). Fact-based drama, starring Kirstie Alley. (T) 5.00 five news; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Animal Rescue Squad. (T) 7.00 five news. (T) 7.30 The What in the World? Quiz. Science-based panel show, hosted by Marcus Brigstocke. (T) 7.30 five news update. (T) 8.00 Behind Closed Doors. Exploring a World War Two bunker. (T) 8.00 five news at 9. 9.00 NCIS. The team investigate when a set of eyeballs are mailed to an officer's home. (R) (T) 10.00 Law & Order: Special Victims Unit. A boy is killed by his teenage neighbour. (T) 11.00 Law & Order. (R) (T) 12.00 Quiz Call. 4.30 Game Ranger Diaries. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 A Touch of Frost. (R) (T)

5.00 Britain's Best Dish. Ed Baines, Jilly Goodlen and John Burton Race decide which of the contestants from the North East region will scoop the #1,000 prizes and go head to head for a place in the national final. Presented by Mark Nicholas. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Debbie begins to suspect Jo is a victim of domestic abuse and resolves to investigate for Sarah's sake. Donna has a panic attack, and Lisa refuses to go to work after Levi's promotion. (T)

7.30 Coronation Street. Fiz agrees to give her relationship with John another chance, and a guilt-ridden Mel drowns her sorrows at the Rovers before heading back to the club where Abi was injured. (T)

8.00 Tonight.

8.30 Coronation Street. Determined to exact her revenge, Mel tracks down Abi's attackers. Fiz arrives back on the Street with John in tow, and Dev hides Nina in the bedroom when Prem turns up at the flat. (T)

9.00 Wire in the Blood. New series. In the first of four two-part stories, psychologist Tony Hill investigates what appears to be the honour killing of a young Kurdish woman. However, the site where the body was found yields remains of other victims and an even more gruesome motive for the crimes. New colleague Chris Collins (Cristian Solimeno) seems reluctant to pull his weight when a middle-aged teacher of his acquaintance is added to a growing list of the dead. Robson Green stars in the thriller based on the novels by Val McDermid. (T)

10.00 Al Murray's Happy Hour. New series. The Pub Landlord returns for more comedy, music and celebrity guests, beginning with Genesis legend Phil Collins and Life on Mars star Philip Glenister. Music is supplied by Nineties boy band New Kids on the Block, performing in Britain for the first time in 15 years. (T)

11.00 The Late News and Weather. (T)

11.25 London News and Weather. (T)

11.45 Bingo Night Live. Free-to-play interactive show offering viewers the chance to download cards from the Internet and win big prizes. (T)

12.45 Nightwatch with Steve Scott: Crime; (R) (T) ITV News Headlines. 1.40 FILM: Kaleidoscope (1966). Comedy, starring Warren Beatty. (T) 3.20 ITV Nightscreen.

LOCAL

RTP1
06.30 Bom Dia Portugal 10.00 Verão Total 13.00 News 14.15 Amor e Integras 15.15 Verão Total 18.00 Portugal em Directo 19.10 O Preço Certo 20.00 News 21.00 Jogo Duplo 22.00 Ainda Bem que Apareceste 23.00 Liga dos Últimos 00.00 Pax Rally 2008 00.30 A Ferreirinha 01.30 Paraolímpicos Games - Pequim 2008 02.00 Film: The Great Dictator 04.30 Verão Total

RT2
07.00 Euronews 07.35 Zig zag 14.00 Sociedade Civil 15.30 O Homem dos Leões 16.00 Paraolímpicos Games 17.00 Zig Zag 18.30 A Fé dos Homens 19.00 A Alma e a Gente 19.45 Zig Zag 20.45 Os Cavaleiros da Prosperidade 21.45 Paraolímpicos Games 21.50 A Hora da Sorte 22.00 News 22.40 Lipstick Jungle 1 23.30 Silver Screen Revolution 00.00 Noites da 2 02.00 Eric Clapton 02.45 04.00 Sociedade Civil 05.30 Euronews

SIC
06.00 News 08.30 SIC Kids 09.15 Uma aventura na mina 10.00 Fatima 13.00 News 14.15 Como uma Onda 15.45 Beleza Pura 16.45 Contacto 18.00 Rebelde Way 19.00 TBA 20.00 News 21.30 Rebelde Way 22.30 Os Melucos do Risco 23.30 A Favorita 00.30 Criminal Minds 01.30 CSI: Miami TVI
07.00 Diário da Manhã 10.15 Vozé na TVI 13.00 News 14.00 As Tardes da Júlia 17.00 Quem Quer Ganhar 18.15 Morangos com Açúcar 18.45 Férias Verão 20.00 News 21.15 Euronews 21.30 Felício de Amor 22.30 A Outra 23.30 Fascínios 00.15 Film: Infel 02.15 Sempre a somar 03.45 Até a Morte nos sempre 04.15 O Império Romano 05.15 TVI Negócios 05.30 Televidas

Best of the Rest

BBC3

7.00 The Real Hustle 7.30 The Real Hustle 8.00 Spendorhols 9.00 Dawn Gets a Baby 10.00 EastEnders 10.30 Two Pints of Lager and a Packet of Crisps 11.00 Two Pints of Lager and a Packet of Crisps 11.30 Family Guy 11.55 Family Guy 12.15 The Wrong Door 12.45 How Not to Live Your Life 1.15 Two Pints of Lager and a Packet of Crisps 1.45 Two Pints of Lager and a Packet of Crisps 2.15 Dawn Gets a Baby 3.10 The Real Hustle 3.40 The Real Hustle 4.15 Close

BBC4

7.00 World News Today 7.00 Weather 7.30 The Voice 8.30 The Cambridge Folk Festival 2008 9.00 Legends: Humphrey Lyttelton 10.00 Humph's Last Stand 10.50 Life on Mars 11.50 The Avengers 12.40 Legends: Humphrey Lyttelton 1.40 Humph's Last Stand 2.30 The Cambridge Folk Festival 2008 3.00 The Voice 4.00 Close

ITV2

1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.00 Sally Jessy Raphael 5.20 The Montel Williams Show 6.05 Judge Judy 7.00 The X Factor 8.00 The X Factor 9.00 Film: Unbreakable 12 (2000) 11.10 Katy Brand's Big Ass Show 11.40 Katie & Peter: The Next Chapter 12.40 Coronation Street 1.10 Coronation Street 1.40 Jack Osbourne 2. Adrenaline Junkie 2.20 Theeshopping 5.20 ITV2 Nightscreen
Sky One
1.00 Project Catwalk 2.00 Bones 3.00 Cold Case 4.00 Stargate Atlantis 5.00 Malcolm in the Middle 5.30 Malcolm in the Middle 6.00

Malcolm in the Middle 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Hairspray - The School Musical 10.00 Don't Forget the Lyrics 11.00 Inside: Teen Lockdown 1.00 Road Wars 1.50 Stargate SG-1 3.30 Miami Uncovered 4.20 Brainiac: Science Abuse 5.10 Guilty!
UKTV Gold
1.20 Last of the Summer Wine 2.00 dinnerladies 2.40 Keeping Up Appearances 3.20 Some Mothers Do 'Ave 'Em 4.00 The Two Ronnies 5.00 One Foot in the Grave 5.40 My Family 6.20 The Good Life 7.00 Last of the Summer Wine 7.40 Keeping Up Appearances 8.20 Some Mothers Do 'Ave 'Em 9.00 Jonathan Creek 10.20 French and Saunders 11.00 Gimme Gimme Gimme 11.40 I'm Alan Partridge 12.20 Shark 1.20 Shark 2.10 Baywatch 2.55 Baywatch 3.45 Close Up 4.10 The Bill 4.45 EastEnders 5.15 Neighbours 5.35 Neighbours
TCM
1.00 Clash by Night PG (1952) 3.00 The Searchers U (1956) 5.05 The Yellow Rolls-Royce PG (1964) 7.15 Soylent Green 15 (1973) 9.00 The Jazz Singer PG (1983) 11.10 The Outfit 15 (1973) 1.05 The Gypsy Moths 15 (1969) 3.00 Mildred Pierce PG (1945) 5.00 Task Force U (1949)
The Disney Channel
Kids' programmes from 7am, except: 6.30 Film: High School Musical 2: All Singing, All Dancing U (2007) Teenage comedy sequel, starring Zac Efron. 9.55 Film: High School Musical 2: All Singing, All Dancing U (2007) Teenage comedy sequel, starring Zac Efron.

MOVIES

Sky Movies Drama

6.00 Victim of Love PG (1993) 7.45 The Front 15 (1976) 9.30 A Thousand Acres 15 (1997) 11.30 Columbo: Death Hits the Jackpot PG (1991) With Peter Falk. 1.15 Take the Lead 12 (2006) With Antonio Banderas. 3.15 The Top 10 Show 3.30 All the President's Men 15 (1976) With Robert Redford. 6.00 Holy Man PG (1998) With Eddie Murphy. 8.00 Flags of Our Fathers 15 (2006) With Ryan Phillippe. 10.15 The Guardian 15 (2006) With Kevin Costner. 12.45 Hardcore 18 (1979) With George C. Scott. 2.45 The Wicked Lady 18 (1983) With Faye Dunaway. 4.30 Yesterday PG (2004)

Sky Movies Comedy

6.45 Robin Hood: Men in Tights PG (1993) 8.45 Family Close Up 9.15 Open Season PG (2006) 10.45 Happy Gilmore 12 (1996) 12.25 Talladega Nights: The Ballad of Ricky Bobby 15 (2006) With Will Ferrell. 2.30 Comedy Close Up 3.00 Accepted 12 (2006) With Justin Long. 4.40 Open Season PG (2006) With Martin Lawrence. 6.10 Robin Hood: Men in Tights PG (1993) With

Cary Elwes. 8.00 Happy Gilmore 12 (1996) With Adam Sandler. 9.45 Talladega Nights: The Ballad of Ricky Bobby 15 (2006) With Will Ferrell. 11.30 Accepted 12 (2006) With Justin Long. 1.30 The Object of My Affection 15 (1998) With Jennifer Aniston. 3.30 I'm Gonna Get You Sucka 15 (1988) 5.05 Pineapple Express Special 5.25 Teenage Mutant Ninja Turtles II: The Secret of the Ooze PG (1991)

Sky Movies Action

12.00 Walker, Texas Ranger: Trial by Fire 12 (2005) 8.40 Godzilla PG (1998) 11.05 The Da Vinci Code 12 (2006) With Tom Hanks. 1.35 Magic Kid 2 12 (1994) With Ted Jan Roberts. 3.10 The River Wild 12 (1994) With Meryl Streep. 5.10 Johnny Handsome 15 (1989) With Mickey Rourke. 6.50 Action & Thriller Close Up 7.20 Walker, Texas Ranger: Trial by Fire 12 (2005) With Chuck Norris. 9.00 The Avengers 12 (1998) With Ralph Fiennes. 10.35 The River Wild 12 (1994) With Meryl Streep. 12.30 The Da Vinci Code 12 (2006) With Tom Hanks. 3.00 Magnum Force 18 (1973) With Clint Eastwood. 5.05 Godzilla PG (1998)

SPORT

Sky Sports 1

6.00 Transworld Sport 7.00 Good Morning Sports Fans 9.00 Rugby League 11.00 TBA 1.00 Live European Tour Golf. The Mercedes-Benz Championship. 5.00 FIFA Futbol Mundial 5.30 Premier League World 6.00 Big League Weekend 1 7.00 Off The Bar 7.30 Premier League Preview 8.00 Live Friday Fight Night. The Prizefighter Series. 11.00 Big League Weekend 1 12.00 Off The Bar 12.30 Premier League Preview 1.00 Friday Fight Night 4.00 Big League Weekend 1 5.00 Off The Bar 5.30 Premier League Preview

Sky Sports 2

6.00 Good Morning Sports Fans 7.00 TBA 9.00 IAAF Athletics Weekly 9.30 Transworld Sport 10.00 ATP Tennis 11.00 Premier League World 11.30 IAAF Athletics Weekly 12.00 ICC Cricket Awards 2006 1.00 Rugby League 3.00 TBA 5.00 NFL: Total Access 6.00 World Sport 6.30 Tight Lines 7.30 Live Super League. An elimination play-off. 10.00 Tight Lines 11.00 NFL: Total Access 12.00 Super League 2.00 Big League Weekend 3.00 Off The Bar 3.30 Premier League Preview 4.00 Tight Lines 5.00 IAAF Athletics Weekly 5.30 World Sport

Sky Sports 3

6.00 Aerobics Oz Style 6.30 Pipeline Adventures 7.00 WWE: Raw 9.00 Pipeline Adventures 9.30 ICC Cricket Awards 2006 10.30 Show Jumping 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Race World 1.00 NFL: Total Access 2.00 Pipeline Adventures 2.30 ATP Tennis 3.00

Race World 4.00 ICC Cricket Awards 2006 5.00 WWE: Raw 7.00 Sportnation 8.00 Off The Bar 8.30 Big League Weekend 9.30 Premier League Preview 10.00 WWE: Late Night - Smackdown 12.00 WWE: Late Night - Bottom Line 1.00 Rugby Union 3.00 World Sport 3.30 Super League 5.30 Live Rugby Union. Southland v North Harbour (Kick-off 5.30am).

British Eurosport

7.30 Rallying 7.45 Cycling: Vuelta a Espana 8.30 MotoGP 9.30 F1: The Factory 10.00 International Football 11.00 International Football 11.45 International Football 12.30 International Football 1.30 Live Paralympic Games. Coverage of the 13th staging of the Games from Beijing. 3.00 Cycling: Vuelta a Espana 4.00 MotoGP 5.00 Eurogals 5.30 Live Rallying. The Rallye Principe de Asturias. 6.00 Live MotoGP. The Indianapolis Grand Prix 125cc practice session. 6.45 Live MotoGP. The Indianapolis Grand Prix MotoGP practice session. 8.00 Live MotoGP. The Indianapolis Grand Prix 250cc practice session. 9.00 Poker 10.00 Eurogals 10.30 Yoz Magazine 11.00 Rallying 11.30 Rallying 11.45 MotoGP 12.45 Close

Sky Sports Xtra

7.00 Premier League Snooker 10.30 Pipeline Adventures 11.00 Kartmasters 12.00 Premier League Snooker 3.30 British Ice Hockey 6.00 Live Rugby Union. Blue Bulls v Boland Cavaliers (Kick-off 6.10pm). 8.00 Golf Night 10.00 British Ice Hockey 12.30 Golf Night 2.30 British Ice Hockey 5.00 Wild Spirits 5.30 Pipeline Adventures

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.



A Portuguese Water Dog

Dog shows – another point of view – dogs are dogs are dogs

As an amateur in Dog Shows, I know but one thing: Yes, we call them Beauty shows. But what really is to be shown, is the Standard of the breed, and only within this Standard that dog can win, which shows it the best. We are talking about the Portuguese Waterdog. First of all, we have to thank all the Portuguese fishermen, who kept this breed for hundreds of years as working dogs, so that we today can enjoy the wonderful character and loyalty of this breed. What is a Portuguese Waterdog – what should it be? Because of the beauty of this dog, it is easy to forget: it is a working dog.

The true Portuguese Waterdog is not bred to be shown in Dog shows, and unfortunately even some of the judges seem to forget that. The true Portuguese

Waterdog is a dog, that works in the water and is beautiful.

I am the happy owner of two female Portuguese Waterdogs of the Canil da Ria Formosa and I keep them on our land with a huge wild garden. They run in the garden, they play with each other and with the five cats we have. Several times a week we go to visit the kennel of Ria Formosa in the Natural Parque near Olhão and all the dogs run around and have a good time. Besides that, Carla Peralta – who is the breeder – and I train our dogs for the water-trials and sometimes I go for long walks on the beach, where my dogs like to run and run and run for hours.

My 'show-dog' Jôia da Ria Formosa, born in 2006, had her first lions-cut when she was eight months old. But last year we had to cut it all off again. We had been travelling by sailing-boat from France down to Portugal, a journey which took us about three months, and of course I did not have the time to brush my dog regularly or give her a bath. So when we arrived by the end of August 2007, her hair was all matted and we cut it all.

She then started her "Show career" in spring 2008 with the

Dog show in Moita and Costa Azul, where she won her first CAC (= Certificat d'Aptitude au Championnat). So now her hair has grown quite long and I brush her about twice a week. Besides that, I train her in the water once or twice a week. After swimming in the salty seawater, I give her a good rinse with fresh water and that's it. I use a dogs-shampoo but do not use any special aroma as our dogs do not smell at all, even when they are wet (their coats are also hypo allergenic).

I showed Jôia this year in nine national and international "beauty"-shows and she participated in two water-trials. The result is more than satisfying: 8 times she won the "excellent" grade and once "very good". She won one CAC, two RCAC's and one RCACIB (Certificat d'Aptitude au Championnat International de Beauté, R=Reserve). In the water she passed with 50 pts. and 54 pts. at level I and will now start in level II on the 14th of September in Vila Real de Sto. António. What more should I expect? She is a happy beautiful working Portuguese Waterdog and maybe will one day be a champion – she is MY champion already!

Barbara-Marie Mundt



Ingrid was found on the street by someone who took her to our shelter. Lost or abandoned but probably the latter as no-one ever claimed her. It is a beautiful female, 8 months old, medium size, very gentle,

friendly with people and other dogs. Vaccinated and sterilised. She is looking for a new home. Contact Association Bianca in Sesimbra. We are a group of volunteers rescuing dogs and cats from the streets in an area that is characterised by one of the major abandonment rates in Portugal. We have many dogs and puppies, cats and kittens that need re-homing. If you cannot take a dog home, you can help us by fostering one. We also need volunteers to walk our dogs and take them to the vet. Please contact: sesimbra.bianca@gmail.com (English, French and Spanish spoken) and read about our work at www.bianca.pt/english and <http://bianca-pet-rescue-adoption.blogspot.com/>



Stuart is an adorable, energetic, 2-month old puppy. Longing for a happy family to be part of. He is vaccinated, wormed and registered. Hates being alone, loves company and other animals. Anyone who would like to adopt him, please send a text message to: 919 368 726. **Stuart** can be seen at APAA sanctuary, (Associação de Protecção Animal do Algarve), on Mexilhoeira Grande. Tel/fax: 282 471 347 - 919 368 726. safehandsboardingkennels@clix.pt



These laughing boys need homes. They are happy, healthy chaps, friendly and affectionate and they get on well with other dogs and cats. About 4 months old, wormed, tick and flea treated and they've had their 1st vaccination. Tel: 282332621



for a visit 913 860 865 or 282 342 823 (eves)

Hi There!

Hi there! I am Bozo! I am very cute and have already been adopted by Valérie's Daughter! Valérie said I can't stay because she is in charge of so many! I was found lost in Albufeira area. I am 6-8 weeks old, very healthy, wormed and deflead. Call Valérie

Please help us!!!

Our dog was stolen on 28th August in the outskirts of Paderne. He is called Bonno (pictures right and below). He has barely 8 months, weighs about 22 Kilograms, and is a German Braco (German Shorthaired Pointer). He has a microchip inserted in the neck area. Please, help us. We are desperate and miss him terribly!!!

I am so afraid that Bonno might have fallen into the wrong hands and I think the worse thing about it is what he might be going through. It simply breaks my heart when I think of Bonno in a distressed situation.

My wife, Erica, has notified just about everyone possible, but

I would be grateful if anyone can help.

We fear that Bonno might be around the area of Boliqueime for I have a strong belief that I saw the person responsible for taking Bonno and neither Erica or myself will rest until we find him.

We love our dog Bonno dearly, and if anyone sees



Bonno on his own 2 months ago

him, please contact us by email or by phone shown right

Simon Phillips

Telephones: 964388797 -

911930192 - 289367300

Email:

simon@ecoalgarve.com



Fia is a beautiful little bitch (1 year old). She is a very playful and friendly. Her owner has to go back to Iceland and is very sad not to be able to take Fia with her. I am looking for a very good home for Fia. She is fully vaccinated and will be spayed in a few days. Call Valérie for a visit 913 860 865 or 282 342 823 (eves)



Mc Duff is a beautiful adult cat. He is a little bit shy with strangers but very friendly as soon as he trusts you. He loves cuddles and will purr on your lap if you adopt him. He is fully vaccinated, wormed and castrated. Call Valérie for a visit 913 860 865 or 282 342 823 (eves).

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Bladder Stones

Bladder stones are a problem, which in my doggy owning life, was an issue with my first doggy, Brandy, my Manchester Terrier, a horrifying 35+ years ago. At the time, (and as I say this is mega years ago,) my, then, Vet put it down to the increasing use of the 'NEW' complete dry food. He said the increase in doggy stones had been significant since people had moved over to the new more 'convenient' food with too many additives. Amazingly in my reading before writing this article, the following comment was found. 'Calcium oxalate stones are becoming more common in dogs due to changes in diet with so many additives in the food'. Interesting. As many of you know my dogs have been on dried food for, in the oldies case, most of their lives, the youngsters all their lives. My oldies had no problems with stones, however they were on a natural dried food with no additives.

The common symptoms of Bladder Stones are those of cystitis, such as an urgent and frequent need to pass urine, pain passing urine, so the dog may strain and cry, also there may be accidents in the house. First port of call must be the Vet as this condition must not be left. However, some dogs do not show any symptoms at all, till the situation has become serious. Well, that would be mine then — leave any symptoms till emergency status, then need the Vet on Christmas Day as happened regularly with Lennie and my first OES Moppet.

There are two types of stones: - Struvite crystals and calcium oxalate. Struvite crystals account for about half of the problems. They often begin during an infection where the dogs urine becomes more alkaline, this, in turn, predisposes to crystal formation. They can be detected by an XRay and can often be treated by a change in diet to a dissolving food, urinary acidifying diet — although surgery may be necessary, it depends on the size of stone.

Calcium Oxalate stones are becoming far more common now. These stones form where the urine is more acidic and are also detected by XRay. These are generally removed in surgery as they cannot be dissolved. Generally, following

surgery a low protein diet is recommended as once having appeared, they may recur in later years. In my Brandy's case, his were removed and never recurred so he was lucky.

It is said that occasionally surgery is not necessary. Where the stones are not large and not too many, the dog may respond to dietary treatment. However — if treated this way the dog must maintain check ups with the Vet and further XRay just to confirm the diet is working. If the condition continues it will become very painful for the dog and emergency surgery may become necessary — always best to avoid that.

Once again you must be careful with your dogs diet, natural food with natural preservatives and be careful with the number of supplements and additives (ie enablers) you give as both can increase the formation of stones.

A simple precaution given to me by that Vet all those years ago, when feeding dried food ALWAYS make certain there is plenty of water for them to drink. That was drummed into me with Brandy and has remained top priority. Also make certain, in the heat down here, that you always take water on a walk, there are special water bottles with bowls attached and I always have one with me when I take my kids out. Getting them to drink it can sometimes be an uphill battle but I persevere as they must drink.

Whilst to you, the reader, it no doubt seems that I am always 'banging on' about what food we all feed our dogs, please note that all my articles are written having researched the subject, via books, doggie and medical and the internet. The overwhelming continuing 'thread' in these illnesses and allergic reactions is listed as being in some way linked to the way the food is manufactured, what is in it and what additives are in it — it is not just me rambling. When I mention the food link it has been mentioned in the reading I have done.

Protect your pet with knowledge. Knowledge is power and it could mean the difference between life and death.

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Jan Cobley

Paws 4 Pets 916 273 376

The World's best doggy toy — The Kong

It is over a year since I last wrote about my favourite doggy toy. I have been prompted to cover the Kong again as people have arrived in our new store and have never seen the Kong before. Most amazing, we have had them at Paws4Pets for 4 years and I have personally been a fan for over 20 years now.

Why do I love them you may ask? I still have my first Kong, bought in 1991 for Lennie, it still looks as it did back then. I still have my first Halti, recommended for Sandy when she was 4 months old, in 1993. Whilst this is a dreadful selling pitch the fact is that these goods do last.

The Company of Animals, who manufactures these products, was born in 1984 as a way of marketing not only their inventions but a range of behavior and training aids that really make a difference to the lives of pets and their family. All products are tested at The Animal Behaviour Centre to ensure their effectiveness, quality and value for money.

They continue to develop new items whilst retaining the old favourites. Obviously we try to keep both the new items and the old favourites. One of the new items is the Wubba, which my kids have been testing for a while now.

WUBBA

Unique patented design — Reinforced nylon fabric — Internal solid tennis ball and squeaker.

These fantastic new toys are a must for any dog's collection! The unique patented shape, with long material tails will provide hours of interactive fun for owner and dog. Durable reinforced nylon fabric covers two rubber squeaker balls in the small size

and a squeaker ball and solid tennis ball in the medium and large sizes. Available in three sizes; small, large and extra large. Also available in puppy sizes, both pink and blue! The even newer waterproof Wubba a real hit in this house, correction, in the pool.

This one has to be Chloe's favourite, the Air Kong range now with squeakers just to add to the excitement. Chloe will search for ages just to find her special yellow air kong.

Her very favourite being the AIR SQUEAKER FOOTBALL

Great for tennis ball obsessed dogs — Non-abrasive material — Great fun!

We move on to the Kong Behavioural Toys. These really have to be the best idea — others have tried to follow but I find that the Kong is best.

The original KONG Classic

The chase-chew experience — Shaped for wild, bouncy fun — Guaranteed irresistible natural rubber Kongs exclusive, super bouncy, red natural rubber compound is virtually indestructible and comes in 5 chew friendly sizes. They are also available in very heavy duty black rubber for the more determined of 'chewers' with the very strong bite!

This one really is a personal favourite of mine for pure entertainment value — it beats the telly any day, hours of fun with dogs standing on their heads!

STUFFABALL

Fill it with tasty treats, (I actually use their food) — Improves dental hygiene — Great as a retrieval toy

The Stuff A Ball periodically rewards by releasing food and treats making it ideal for occupy-



ing and stimulating your pet. Put food treats into the middle and watch your dog be entertained for hours. Then, of course, you spend your time falling over biscuits and trying to find the ball before you leave the house — that is sometimes a bit of a task. The Stuff A Ball can also be used as part of your dog's dental regime by squeezing toothpaste into the grooves. I have not tried this myself but sounds a good idea.

To see my dogs rushing around the room for hours chasing these balls is just so entertaining.

There is a range of DENTAL KONG

Patented grooves cleans teeth and conditions gums — Extra effective with toothpaste

The Dental Kong's grooves gently massage gums, clean teeth and help to reduce plaque.

The small and medium size has a cotton flossing rope great for tugging and interactive play.

The large and extra large are hollow so they can be filled with

food to encourage longer chewing. Alternatively, spread toothpaste into the grooves to promote good dental hygiene.

There are Floating Kongs with attached ropes, great for the games of fetch on the beach or even in the pool. I have two of mine weighted so Cleo can practice her diving. The whole range offers a 'fun factory' of toys and fun. I always feel it is better to leave them something to do rather than have bored dogs cleaning teeth on my furniture, or eating my books. Now mine have all 'grown' up I can trust them in the house with bags of dog food that remain untouched. It always amazes me how you get to this stage from that small puppy who eats everything it can get in its mouth.

Protect your pet with knowledge. Knowledge is power and it could mean the difference between life and death.

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Jan Cobley Paws 4 Pets

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Fatacil Dog Show

My life the last couple of weeks completely conspired against me getting to the Dog Show on Sunday. Very disappointing.

Opening the new shop and now keeping the two shops up and running has meant very long hours. I simply ran out of both energy and hours. As I have often said grooming my two for the show takes me, an amateur, over 6 hours.

I managed to get Merlin done but by then it was 15.00pm, no time left for Cleo. I just simply lost the hours I needed and at the same time was totally exhausted. I am told it was a good show

with about 15 entrants. The Judge was Antonio Constant.

I hereby add the results as given to me by Carla Peralta from Ria Formosa — thank you Carla.

The Best Puppy in Show was Cão de Gado Transmontana from Casa da Formosa. Second was Dom Afonso Henriques da Ria Formosa and third Rafeiro do Alentejo.

Best in Show went to Portuguese Water Dog Coral da Ria Formosa. Second was a Podengo and third a Castro Laboreiro.

Everyone had a great time and attended a meal to celebrate after the show.

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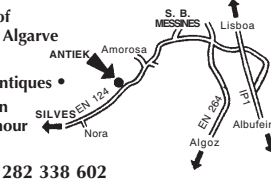
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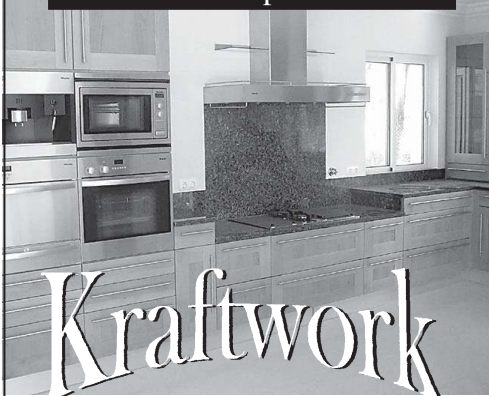
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